BBC goodfood
Middle East
May 2019
DHS15
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Flavours of RAMADAN

- Traditional Middle Eastern recipes
- Iftar & Suhoor offers in the UAE
- How to stay healthy when fasting

easiest-ever
midweek meals

BOOST YOUR COOKING SKILLS

+ HOW TO PAN-FRY FISH
+ COOKING CAKES WITH CONFIDENCE
+ IDEAS FOR USING UP LEFTOVERS

Waste-free Iftar at home



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Tried & tasted recipes | Dubai restaurant reviews | Dining deals in Abu Dhabi | Eating in Italy





LA CANTINE DU FAUBOURG

We shall be happy to welcome our guests as usual during the month of May

Opening hours

Sunday – Wednesday: From 12:00 pm to 1:00 am
Thursday – Friday: From 12:00 pm to 2:00 am
Saturday Brunch: From 12:00 pm to 6:00 pm then dinner from 8:00 pm to 1:00 am
Dress Code: Smart elegant



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Jumeirah Emirates Towers Hotel, Dubai - UAE | +971 43 527 105 | Book@lacantine.ae
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Ramadan Kareem!



In celebration of the holy month of Ramadan, this edition of *BBC Good Food Middle East* dedicates to honouring the region's rich heritage and traditional values.

A time for respect, appreciation and reflection for all we're blessed with, Ramadan is the perfect occasion to share some of our time spent in the kitchen this month to learning something new about authentic Arabic cuisine. Inside this issue, you'll find mouthwatering Middle Eastern recipes and recommendations to get you started.

Try your hand at creating a traditional Iftar feast at home. Hummus is a staple on every Arabic menu, so we've come up with four new tasty toppers (*Four terrific hummus toppers, p22*), so things don't get boring – the pistachio lamb meatballs, and the pickled red onions with pomegranate hummus toppers are two must-tries!

Whip out your slow cooker for our Moroccan lamb stew recipe on page 24 – with its aromatic hit of spice, this dish is sure to have guests coming back for seconds.

End things on a sweet note with one of the mouthwatering recipes that showcase honey as the main ingredient on page 58 (*A taste of honey*) – the spiced honey drizzle cake is particularly delicious.

If you're looking for somewhere special to experience the breaking of fast, we've put together a selection of some of our favourite Iftar and Suhoor offers across Dubai and Abu Dhabi, where you'll be able to share quality time with loved ones over an Arabian feast with delights such as succulent dates, slow-cooked lamb ouzi (braised lamb on spiced rice), and moorishly good um Ali (similar to bread pudding – it's not all that to look at, but tastes incredible).

I hope this issue helps you to discover new culinary delights on offer during the holy month.

Wishing you and yours a very blessed Ramadan,

Sophie

Editor

WHAT WE'RE LOVING!



"For a sharing-style Iftar main to remember, don't miss this Moroccan roast lamb with roasted roots & coriander – it's delicious!" says sales executive, Liz.



Online editor, Glesni says: "Everyone loved chicken wings, and the maple and butter glaze on these hot wings adds extra succulence."



"This yogurt cheesecake with honey-roasted apricots is the perfect dessert to round-off an Iftar meal," says graphic designer, Froilan.

BBC goodfood Middle East

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Our recipe descriptions

V Suitable for vegetarians.

You can freeze it.

Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C Iron Omega-3 Calcium Folate Fibre
Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

gf YOUR SAY

We love hearing from you!

star letter



Being a mum of two teenagers I find a lot of inspiration in your magazines to keep a healthy but exciting menu ready for my kids. As I am working full time, I am mostly short of time at the end of the day, so I find it easy to try your suggested recipes for food ideas, which can be quickly prepared. Thanks a lot for this inspiration, *BBC Good Food Middle East*! I am excited to read and learn more about a healthy lifestyle moving forward.

Heike Wilson



Thank you for the article about the opening of Jumeirah at Saadiyat Island in the last issue of *BBC Good Food ME*. My husband's birthday is coming up and I've been looking for a great looking resort to take him to that also delivers on the food side of things – and this place certainly sounds like it does. I've booked us in for a weekend getaway! Thanks for the tip (keep them coming).

Alexys Richardson



I have just retired and I'm trying to live within a fixed budget and my daughter who is a vegetarian and also avoids dairy has just moved back home, so I'm loving trying the recipes for cheap and healthy recipes and the healthy lunches in your magazine. As a result I have a whole new range of meals to cook in my spare time.

Teresa Chatfield

WIN!

The winner of the 'star letter' this month will receive a Vitamix **worth Dhs2,300 from Tavola!** Vitamix has combined the versatility of a high-performance blender with the convenience of a personal blender. Whether you're on the go or enjoying meals at home, the personal blender by Vitamix makes it easy to prepare create single or double servings of your favourite recipes while fitting easily on your countertop.

With two handy containers - 600 (ml) and 1.2L, this blender is perfect for making smoothies, soups, sauces, dips, salad dressings, frozen desserts and more. With its flip-top lid, the 600 (ml) jar instantly transforms into a convenient travel cup, letting you enjoy healthy, homemade smoothies or protein shakes on the go. Easy to clean and extremely durable, it will serve you for years to come. Visit **tavolashop.com**



TALK TO US!

Email us on feedback@bbcgoodfoodme.com
with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on: **@bbcgoodfoodme**

Or, you could write to us at: The Editor, BBC Good Food Middle East. Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

Compiled by SOPHIE VOELZING | Photographs SUPPLIED

OPA

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NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East





NEW SAME-DAY FRUIT & VEG DELIVERY SERVICE

Getting fresh fruit and vegetables at home daily has never been easier thanks to the pop-up of online platforms offering doorstep delivery. The newest platform to launch is called NRTC Fresh, and boasts a wide-range of locally grown and top-quality imported fruit and vegetables, and customers can avail free delivery when spending Dhs80 or above. The website stocks fruit and vegetables from around the world with next-day delivery and same-day delivery for orders placed before 2pm.

NRTC Fresh promises next day delivery at the very latest, keeping the quality and freshness intact. NRTC Fresh also ensures that strict and frequent quality checks are enforced at every step of the supply chain and that only the most delicious and ripe produce are delivered and enjoyed across the UAE. For more information or to place an order, visit nrtcfresh.com.

THE BEST BITES

TAKE A COOKING CLASS

New sushi masterclasses at Tanuki, Dubai Mall

Looking to brush up on your cooking skills or learn from scratch how to make sushi? Tanuki Asian restaurant located at Dubai Mall has launched new sushi masterclasses, which are now available weekly at the outlet upon request. Priced at Dhs99 per person for the cooking class plus free plate of sushi, the experience is sure to make for an educational and fun afternoon out.

Tanuki is open seven days a week to offer lunch, dinner, and delivery Dubai, serving Japanese and Chinese food with a modern twist. Visit tanukidubai.com

Text SOPHIE MCCARRICK | Photographs SUPPLIED

CHEF'S STORY

WHERE FOOD AND MEMORY MEET

In the third column of this series, celebrated Chef Izu Ani of IZU Brasserie, Izu Bakery, carine and GAIA, takes us on a firsthand journey through his rich and varied culinary adventures. In this edition, he reveals his favourite kind of comfort food.



I lived in London until I was 21 and then moved to Alsace in northeastern France for three and a half years. Oh, the food memories I have from this region will take a whole day for me to talk you through! I used to work with a friend in the Square in Mayfair, London and his girlfriend's family was from the region, so I moved there for a new experience and to discover the culture of the food, to learn about French cuisine, and to learn the language.

Alsace in the winter is one of the coldest places there is – it gets to -20C! It's so cold that you need to eat food that's going to make you feel warm, like flambé and choucroute garnie, a famous Alsatian recipe for preparing sauerkraut with sausages, other salted meats and charcuterie. Often, it's made with potatoes too for added heartiness. One of my favourites is Spätzle, soft egg noodles that you cook in water and then serve with a mushroom sauce made with chicken. It's so delicious and so homely. When it's cold it's the one thing you crave. I still make it. It's one of the only things I don't put spice in because it doesn't need it – it's just pure comfort food.

For me, the rigatoni au ragoût de boeuf (rigatoni with beef ragout) on the menu at carine has a similar feel-good, fortifying feel, though if you ask my wife she'd argue that the most comforting dish has to be the meltingly tender beef short rib with sweet onion that's been cooked for 50 hours. And well, she is the boss...

IZU Brasserie and Izu Bakery can be found inside Le BHV Marais in City Walk. Sun to Thur 11am to 11pm, Fri and Sat 11am to 1am. Call 04-4033030, visit lebhvmarais.ae/en/izu-brasserie. carine at Emirates Golf Club is open daily for breakfast, lunch at dinner. Call 04-4179885 or visit dubaigolf.com



Ramadan gifting

Looking for the perfect gift to give this Ramadan? The Date Room, the only authentic Emirati date-producer in the UAE stocks a collection of dates, date-infused snacks such as dates cakes and a collection of mixed nuts.

Iftar is the time when families and loved ones gather together to break the fast and enjoy their evening meal together. Among many other mouth-watering items on the Iftar table, dates are the sultan of the evening, and a great gift to give during the holy month.

Dates have played an integral part in Emirati culture for many generations, as dates were the perfect item for Bedouins and travelers to take with them, thanks to their long shelf lives and small size and shape. Date palms were referred to as trees of life, holding traditional as well as nutritional value. Dates are known to provide a number of necessary nutrients. They are rich in minerals, iron, calcium, potassium, and magnesium; they are also a source of vital vitamins. Visit thedateroom.ae.

TOP APPLIANCE PICK

NUTRICOOK BY NUTRIBULLET, SMART POT STARTING FROM DHS399



If you're a fan of the famed NutriBullet, you'll be pleased to hear that the family is expanding. From the makers of NutriBullet, comes Nutricook by Nutribullet, a series of appliances that will help customers to make healthy nutritious meals fast and easy.

Nutricook has introduced a new product called the Smart Pot, which is set to help busy families, professionals and for those looking to make cooking more convenient and easier. Cutting down cooking time by up to 70%, the Smart Pot's benefits are multi-fold. With the delayed start setting, users can time their meals to be ready whenever they want, whether that's as soon as the kids get home from school, getting home from work, or returning from the gym.

Starting from Dhs399, NutriCook's Smart Pot 9-in-1 electric pressure cooker replaces nine commonly used kitchen appliances by combining them in one, including a pressure cooker, slow cooker, rice cooker, yoghurt maker, egg cooker, sauté pan, soup maker, steamer, and food warmer.

The Smart Pot comes complete with a host of recipes to try including porridge, curries, soups, pasta dishes, hearty stews and other family favourites.

Now available for purchase at Carrefour, Ace, SharafDG and online on Souk (Amazon), and Mumzworld.com.

Flavours of the *month*

Here is what's hot and happening around town this month.

New on the block

Verve bar & brasserie, Grand Plaza Movenpick Media City

Located in the brand-new hotel Grand Plaza Mövenpick Media City, Verve bar & bistro has opened its doors. In the kitchen, Jorge Grande, Verve's head chef, will work closely with locally well-known homegrown chef duo, Nick Alvis & Scott Price to serve modern European cuisine. The new bar & brasserie has lined up a variety of weekly events – the Friday Brunch will feature pork specialities and signature European dishes with live entertainment. Verve's daily happy hour, which is from 4pm-8pm, makes it the newest watering hole in Dubai Media City for post-work tipples. Verve bar and brasserie will also have a business lunch on weekdays as well as weekly live entertainment. Call 04 525 7633, e-mail book@vervebrasserie.com, visit vervebarandbrasserie.ae.

Vietnamese Foodies, Downtown Dubai

Vietnamese Foodies has opened the doors to its new outpost in Downtown Dubai, following the success of its JLT-based location. Located in Burj Vista Residence Tower 1, on The Boulevard across from Dubai Opera, the new location boasts views of Burj Khalifa, direct links to the Dubai Metro and Emaar Square as well as roomy indoor and picturesque outdoor seating. Offering diners fresh, naturally healthy and affordable southern Vietnamese fare, the new restaurant will feature a new menu dishing out items like aromatic roasted duck with bao buns, bun with chicken satay and chicken spring rolls, luk lak beef stir-fry, prawns with fish roe and dynamite sauce, roasted chicken with bao buns, and more. Visit vietnamesefoodies.com or call +971 04-5542090.

Sarabeth's, Mall of the Emirates

Having opened its first venue in the UAE at Citywalk in March 2017, Sarabeth's Kitchen & Bakery celebrates its two-year anniversary with the launch of its second branch at Mall of The Emirates. The new bakery and dining destination is situated on the first level of the mall and welcomes guests to enjoy the warm and hospitable nature of New York City, paired with an extensive menu of signature dishes and desserts. Offering an impressive selection of classic American recipes with a playful twist, the menu boasts a variety of dishes ranging from wholesome breakfast, lunch and dinner options as well as its signature afternoon tea offering, an assortment of indulgent desserts and not forgetting Sarabeth's legendary spreadable fruit. Call 04-3286888, e-mail info@sarabeth.ae.

Verve bar & brasserie, Grand Plaza Movenpick Media City

Text by SOPHIE VOELZING | Photographs SUPPLIED



Puerto 99, Bluewaters Island

Puerto 99 is a contemporary new venue at Bluewaters Island that introduces the origins of Mexican culture, rich heritage and Hispanic influences in a sophisticated culinary journey through the distinct regions of Mexico. The vibrant restaurant promises a buzzing atmosphere around multiple dining areas. The shore-facing venue will be open from day to night, with uninterrupted views of Dubai Marina's skyline and the Persian Gulf. Puerto 99 introduces a menu balancing artisanal recipes and the traditional methods of cooking with a variety of fresh Mexican seafood and meat. Sourced from 19 hand-picked states of Mexico from Baja California to Yucatán, flavours and a careful selection of ingredients are combined to delight the senses. Call 04-4557 6627, e-mail info@puerto99.ae.



Common Grounds, Almas Tower, JLT

The creators, owners and operators of the Common Grounds brand, Bull&Roo have opened the third venue of the popular outlet at DMCC's Almas Tower in Jumeirah Lake Towers, Dubai. From acai bowls to the Aussie classic of smashed avocado toast for breakfast; premium burgers to vibrant salads for lunch, there are plenty of dishes to tempt both vegetarians and non-vegetarians alike at Common Grounds. The light-drenched space, with cooling white tiles, light wooden finishes and pops of lush greenery, offers a sit-back-and-relax escape in all of its locations all across the city. E-mail helloalmas@commongroundsdubai.com, call 0-565118733, visit commongroundsdubai.com.

3 NEW BRUNCHES TO TRY!



Akira Back, W The Palm

Chef Akira Back has introduced a new Friday brunch, said to offer a one-of-a-kind, sit-down experience with extensive views of the Dubai skyline. Weekend warriors can indulge in the restaurant's eponymous blend of Japanese fare and Korean essence. Foodies can whet their appetite with the hirame carpaccio, grilled octopus, and tuna tataki. Or sample the myriad of delectable sushi options, all of which are unlimited, along with chef's biggest hits such as the tuna pizza and AB Tacos. For mains, guests can select one option from dishes such as wagyu don, black cod, Jidori chicken and many more. For the health conscious, the restaurant offers its new vegan menu. Completing the menu is a dessert section, offering a sharing platter of salted Macadamia caramel popcorn and coconut sorbet butter mochi, yuzu citrus and black & white sesame cake.

Available every Friday from 12.30pm until 4pm, with packages starting from Dhs445 with soft drinks. Kids between 6-12 years of age get 50% off the soft beverage package, kids below 6 years dine for free. Call 04-2455555 or e-mail akirabackdubai@whotels.com.



Pierchic, Al Qasr Jumeirah

Pierchic has launched a new Saturday brunch experience – Ocean Vibe – for the city's most discerning diners. The new Ocean Vibe brunch removes guests from the hustle and bustle of Dubai and injects an upmarket French party atmosphere into the mix, with a live band complementing a variety of organic seafood, meat and vegetable dishes served with Pierchic's customary culinary flair. Available from 12pm to 4pm every Saturday, Ocean Vibe starters include organic mussels marinara, a fish tartare platter, red and white quinoa salad, cured beef cold cuts, local artisan burrata and sautéed baby squid Provençale. A selection of main courses include Dutch Dover sole meuniere, local tiger prawns, Galician octopus, U.S. rib eye steak and grilled vegetables. The final course wraps up with an assiette of Pierchic desserts and fresh fruits served with ice cream. The sharing-style Ocean Vibe brunch menu starts at Dhs375 per person for tables of four guests or more. Call 800 666 353 or e-mail jrgreservations@jumeirah.com.



The London Project, Bluewaters Island

Two brand new weekend brunches have launched at The London Project taking place weekly on Fridays and Saturdays. Celebrating the creative hub of London's East End, The Shoreditch Brunch will take place every Friday from 1pm to 4pm, with food served to the table sharing-style. Favourites on the menu include battered fish and chips and pulled beef soft shell tacos, wild mushroom and truffle gnocchi with porcini beurre monte, and Queenies chocolate torte. Prices start from Dhs250 with soft beverages.

On Saturdays, the Chelsea Brunch from 1pm to 4pm will serve up acoustic vibes in The London Project's very own country garden. Starting with the 'breakfast' part of brunch guests will enjoy handmade crumpets with whipped butter and everyone's go-to – eggs benedict. Also to share is the octopus chorizo hash served alongside pulled beef soft shell tacos. For mains, the spiced lamb rack is accompanied by the fresh strawberry and avocado salad and crispy agria fries with truffle aioli. Packages start from Dhs250 with soft drinks. E-mail reservations@thelondonproject.com.

Breaking fast

Our round-up of Iftars and Suhoors to try in Dubai this Ramadan.



INDIAN STEAKHOUSE AT TRÈSIND, VOCO DUBAI

Thriving to constantly evolve, one of the city's most loved modern Indian restaurants, home grown in Dubai, Trèsind has introduced a new concept, exclusively for the month of Ramadan – an Indian Steakhouse. The specially curated menu will be available from dusk onwards, throughout the month of Ramadan for Dhs179. The experience begins with an exciting date candy with popping sugar folded in an edible paper, which is accompanied with a few other pre-appetizers on the table and a fresh Juice trolley, meant to entice the appetite. This will be followed by a meat board, with an offering of six meat dishes, like homemade sausages and skewers. The main course has a few live dishes, done gueridon style, like the pot nihari, giving the Trèsind signature touch to the menu. One of the highlights of the menu will be the selection of Josper-grilled steaks with Indian flavours as a part of the main course. To end the experience on a sweet note, there is a deconstructed baklawa and textures of mango. A vegetarian menu is also available upon request. The restaurant will be operational for lunch and dinner during the month of Ramadan. Prayer room available for men and women. Call 056-4209754 or 04-3080440.



THE MAJLIS, DUBAI WORLD TRADE CENTRE

Situated in the heart of Dubai's central business district, the Majlis at Dubai World Trade Centre brings to life classical Arabian atmosphere with the finest traditional cuisine to indulge in this Ramadan. Whether you are looking for a place for Iftar or Suhoor, the Majlis offers a vast menu selection brought to you by DWTC's award winning chefs, to experience the finest traditional Arabic cuisine and hospitality in a lavish Arabesque setting. Located within Za'abeel Hall 6, Dubai World Trade Centre, Iftar and Suhoor will take place daily from sunset to 3am. Priced at Dhs165 per person and Dhs85 for children aged 6-12years. Call 800-DWTC or visit booking.majlis.ae.



AL HADIQA RAMADAN TENT, SHERATON JUMEIRAH BEACH RESORT

This Ramadan, Al Hadiqa Ramadan Tent brings guests magnificent evenings brimming with Middle Eastern and international delights, as well as breathtaking panoramic views of the Jumeirah Beach. With a seating capacity of more than 200 guests, this contemporary tent is the perfect gathering place for family and friends to experience Ramadan at its finest.

Enjoy exquisite Iftar buffet every night followed by a late night Suhoor from the authentic a la carte menu, paired with a full selection of shisha, whilst enjoying traditional live Arabic entertainment. Iftar starts at sunset and is priced at Dhs99 during the first week of Ramadan, then Dhs165 from second week onwards. Suhoor is from 9.30pm - 2am. Call 04-3995533.



JW MARRIOTT HOTEL DUBAI

Experience the essence of Ramadan at the JW Marriott Hotel Dubai. Celebrate the breaking of fast with two Iftar buffets options. The bustling market atmosphere of The Market Place will be offering an international anthology of cuisine this Ramadan, alongside traditional Arabic delicacies. Dishes will range from a healthy selection of cold mezzeh, lamb ouzi and an array of rice delicacies. Alternatively, step into Bamboo Lagoon, where a taste of Far Eastern and fusion cuisine meets the exotic, and a scattering of huts, bridges, waterways and waterfalls surround diners. Indulge in the seafood buffet where Polynesian, Indonesian and Thai influences offer an excellent selection of healthy choices, while also enjoying the extensive buffet at The Market Place, in addition to special Ramadan juices, Arabic coffee and sweets. Both Iftars will take place daily during Ramadan from sunset to 9pm. The Market Place is priced at Dhs99 per person with Ramadan juices and coffee, while Bamboo Lagoon is Dhs175 per person including including access toThe Market Place buffet, Ramadan juices and coffee. Both Iftars are priced at AED 50 for children aged 6-12 years. Children under six dine for free. Call 04 607 7977 or e-mail jwdubai.dining@marriotthotels.com.



THE LOFT AT DUBAI OPERA, DOWNTOWN DUBAI

As the holy month of Ramadan approaches, bringing with it festive nights and sumptuous gatherings, The Loft at Dubai Opera reveals its Gold & Honey Iftar. This luxurious festive moment will allow guests to break fast at sunset as the restaurant transforms into a palatial candle-lit Arabian experience. Guests will be invited to dine lavishly from a medley of live cooking stations serving an extravagant spread of Levantine and Khaleeji favourites. Combined with signature modern European dishes, daily evolving menus inspired by Greek, Italian, Turkish, Algerian and Persian specialities and a centrally located beverage counter serving up hand-crafted mocktails, milkshakes and Ramadan inspired beverages, The Gold & Honey Iftar promises to be a memorable experience for the whole family.

Taking place daily during Ramadan, the Gold & Honey Iftar will start at sunset to 10pm and is priced at Dhs265 per person and Dhs125 for children aged 6-11 years. Children under 6 will dine with compliments. Call 04-3627312, e-mail reservations@loftatopera.com or visit loftatopera.com.



BABEL, LA MER

This Ramadan, break your fast-overlooking beautiful sunsets by the sea as you experience Lebanese cuisine at Babel La Mer. Start your meal with a selection of Babel's traditional soups such as the lentil soup, mushroom soup and seafood soup. Break fast in a bountiful fashion with a wide-ranging selection of conventional hot & cold mezzeh cooked in a contemporary manner including hummus Beiruti & pesto, grape leaves, shrimps beiroutieh, tabboulet el bahhar, fattoush, sambousik, fattet shrimps and ras asfour cherry. Customise your main course with freshly picked grilled seafood. Babel La Mer has an extensive seafood display with fresh seafood including hammour, sultan Ibrahim, sea bass, crab, Canadian lobster, shrimp, and malifa to name a few. End your dinner on a refreshing note with seasonal fruit servings and dates and satisfy your sweet tooth cravings with the signature ashta bel ashta, ghazlieh and end your night with Babel's Arabic coffee. Call 04-4190220.



MARRIOTT INTERNATIONAL

Food has a way of bringing people together, sparking memories of long lost traditions and flavours that we remember from our childhood days. With this in mind, Marriott International wants to gather family and friends this Ramadan at their properties in the UAE, KSA, Bahrain, and Egypt, for specially crafted Iftar and Suhoor experiences.

For guests to experience authentic Iftar and Suhoor, and celebrate this special occasion with their loved ones, 40 Marriott International properties across the United Arab Emirates, KSA, and Bahrain, have come together and offer a 2 for 1 Iftar deal.

The Ramadan, Marriott International is also catering for corporate groups and families, with an exclusive "book for 8 people, and get 2 additional guests for free" offer.

Visit Ramadanwithmarriott.com to discover more information about the participating venues.



DUSTY'S, AL FATTAN CURRENCY HOUSE, DIFC

Taking place daily during the holy month of Ramadan, Dusty's in DIFC is offering a generous sharing Iftar menu, priced at Dhs149. Break fast with a wide range of starters including dishes like daily changing soup, stuffed grape leaves, rice-stuffed dolma served with lemon slices, bell pepper salad with cucumber, tomato and pomegranate, plus slow-cooked chickpeas with rib eye, served with homemade sweet and sour dressing. For mains, dig into traditional manti, minched meat stuffed dumplings with garlic yoghurt, tomato sauce and oregano, spiced chicken skewers, Iranian rice topped with sauté prawns and tomato sauce, or homemade lamb kofta served with fresh pita bread, haydari yoghurt with mint leaves, grilled tomato and lemon. End on a sweet note with tempting options like Turkish style fresh baklava and classic kunafa served with pistachio and its own cheese. Call 04-3545435, e-mail info@dustysdxb.com or visit dustysdxb.com.



YALUMBA, LE MERIDIEN DUBAI HOTEL & CONFERENCE CENTRE

Chefs at Yalumba have put together an elaborate Iftar at Yalumba restaurant. Drawing inspiration from the culinary culture of the Middle East, the special Iftar buffet at Yalumba offers a delicious variety of traditional favourites. Priced at Dhs169 per person, the Iftar buffet spread features over 200 dishes, live cooking stations where guests can enjoy an assortment of Middle Eastern favourites, such as baked meat kibbeh, katayef and tandoori prawns, fresh Ramadan juices as well as delicious desserts. Starting from Dhs135, the Great Ballroom will host corporate and group Iftars, bringing a selection of traditional chef-tailored menus paired with a mouthwatering range of desserts to creating memorable moments with your families and friends. Shisha is available at Yalumba terrace for Dhs120. Iftar will take place daily during Ramadan from sunset until 9.30pm. Call 04-7022455.



GALLERY CAFÉ, HYATT PLACE

There's a new place in town to feast this Ramadan. Experience a choice of pan-Arabian and international cuisine at the renowned Gallery Café Iftar at Hyatt Place in Dubai's Al Wasl District. The chefs at Gallery Café have designed an eclectic menu for the for the feast of Iftar. Choose from the assortment of mezzehs, fresh fruits, Arabic dry fruits and dates along with traditional drinks of labneh (local buttermilk), tamar hindi and jelab. Pair it with your choice of beverage from fruit juices to ayran, qamar al deen, laban jallab, tamar hindi and kharoub. Don't forget to have a taste of mulukhiya dil dajaj, made especially for Iftar, and save some room for dessert too, as there's a delicious selection of chocolate cakes or crème caramel on offer. Iftar at Gallery Café is priced at Dhs60 per person, Dhs45 for children below 12 years, and free for children below 5 years. Iftar will take place daily during Ramadan from 7pm till 11pm. Call 054-5897637.



THE CANVAS HOTEL DUBAI – MGALLERY BY SOFITEL

Discover traditional flavours of Ramadan, courtesy of Estrellas Rooftop Lounge at The Canvas Hotel Dubai – MGallery by Sofitel, the poolside retreat serving lip-smacking food whilst overlooking a panoramic view of the Dubai Skyline. The Canvas Hotel presents an exciting menu during the holy month of traditional flavours, complete with a perfect view. Enjoy traditional favourites from the à la carte menu at Signature by Sanjeev Kapoor. Indulge in an elaborate buffet for Dhs149 in the warm and welcoming ambience of the exclusive Ramadan tent at Estrellas Rooftop Lounge. Iftar will take place daily from sunset to 9pm and is priced at Dhs149 per adult for an Iftar buffet. There's a 50% discount for children between 7 and 12 years of age. Call 050 274 3865.



THE MARKET, HILTON AL HABTOOR CITY

Situated on the first floor of Hilton Dubai Al Habtoor City with wonderful views of Dubai Canal, the hotel's all-day dining restaurant, The Market is set to be dominated by live cooking stations during the holy month. It's bright and inviting décor will appeal to families and friends alike, with a mix of family-style tables to accommodate large groups, and a dedicated family area close to the children's play pen. A wide-range of delicious options will be available to diners throughout the Iftar at the restaurant's numerous live stations. Hand-pulled noodles and ramen can be sampled at the Chinese station, while pani puri and traditional Indian favourites will be on offer at the Indian station. Don't miss the delicious handmade sushi from the Namu team, and a taste of Arabic delicacies at the Middle Eastern station. For the sweet lovers, be sure to visit the walk-in dessert counter to indulge in a huge variety of homemade desserts. Taking place faily, from sunset until 9.30pm, Iftar is priced at Dhs185 per person, inclusive of soft drinks, Dhs 60 for kids between 5-12 years, and free for kids under 5 years. Call 04-4355577 or visit dining@hiltonalhabtoorcity.com.

Burger & lobster

RAMADAN OFFER



MINI CHEESE BURGER - SOUP OF THE DAY

HALF POUNDER LOBSTER

SHRIMP MINI ROLL - TRES LECHES

BEVERAGE - FRENCH FRIES

149 AED

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Iftar in Abu Dhabi

Here's where to break fast in the capital during the holy month of Ramadan



LA PETITE MAISON ABU DHABI, THE GALLERIA

La Petite Maison has crafted an Iftar menu with Riviera-influenced classics using the freshest of ingredients for Ramadan. Guests can begin their culinary journey with a light soup and dates. Patrons will be offered a variety of starters, including green lentils, quinoa salad, carpaccio tuna and calamari. Select from flavourful classic main course dishes, such as grilled sirloin, grilled lamb cutlets with smoked aubergine, grilled tiger prawns and Arrabbiata and finish off with a pick of your favourite dessert from among cheesecake, warm chocolate mousse with malt ice cream or pistachio cake that comes with either a choice of tea or coffee. La Petite Maison's Iftar menu will be priced at Dhs240 per person (minimum two people) and will be served from 6.45pm until 8.00pm during Ramadan. Available at both Abu Dhabi and Dubai branches. Call 02-6929600.



AL ANDALUS RAMADAN TENT, FAIRMONT BAB AL BAHR

With authentic Arabian luxury and decor, guests at Al Andalus Tent will be magically immersed in the flavours of ancient Islamic culture touched with Andalusian influences. With a stunning entrance complemented by luscious materials and intricate design, the Al Andalus Tent can comfortably accommodate over 500 guests.

The Iftar will feature live cooking stations including a whole lamb carving and Ouzi stations, a spectacular buffet featuring a selection of barbecued meats and seafood. Guests can indulge in the true flavours of Arabia with authentic dishes such as hot and cold mezzeh, freshly baked Arabic bread, manakish, shawarma rolled in saj bread, and a selection of Arabic soups. A dedicated Emirati cuisine station will offer local tastes including thareed, harees, and machboos. Guests can sip on a selection of Ramadan drinks and Arabic coffees while choosing from a range of premium dates and Western sweets including kunafa station and ice creams. Iftar will take place daily during Ramadan from sunset to 9pm, while Suhoor will be from 10pm – 3am (until 3.30am on weekends). Priced at Dhs235 per person for Iftar buffet, and free for children 5 years and below. Suhoor a la carte menu prices start from Dhs45 per person. Call 02-6543238 or visit fairmont.com/babalbahr.



AL KHAYAL, MARRIOTT HOTEL AL FORSAN

In the spirit of giving and precious gatherings this holy month of Ramadan, Marriott Hotel Al Forsan welcomes guests to break their fast with an array of delicious food offerings and the traditional generosity of the signature Marriott hospitality. Set to take guests on a holistic culinary journey, Iftar at Khayal serves a smorgasbord of flavours across the local Emirati, Saudi, Lebanese, and Egyptian cuisines, accompanied by bespoke Ramadan beverages.

For Suhoor, Marriott Al Forsan welcomes guests to the opulent Al Khayal restaurant, which presents a sprawling buffet featuring Arabian delicacies, along with an impressive collection of signature hubbly bubbly flavours. Al Khayal offers six live cooking and carving stations to whet every palate, succulent grilled meats with traditional accompaniments and other traditional Emirati favourites, a selection of continental delicacies and an assortment of desserts. The Iftar buffet will offer a truly inspiring experience for all senses. The venue is perfect for family gatherings and friends alike. Iftar, priced at Dhs210 per adult and Dhs90 per child between the ages of 6 to 12, and will take place from 6.30pm to 8.30pm. Suhoor will take place from 9.30pm to 1.30am, priced at Dhs99 per adult and Dhs50 per child. Call 02-2014131 or e-mail mhrs.auhal.restaurant.res@marriott.com.



GIORNOTTE, THE RITZ-CARLTON ABU DHABI, GRAND CANAL

Guests to The Ritz-Carlton Abu Dhabi, Grand Canal are invited to enjoy a traditional Iftar experience throughout the holy month, daily from sunset to 9pm. Opening its door at sunset, the Iftar buffet at Giornotte will feature Arabian family recipes, delicious Ramadan beverages and live cooking stations that ensure the entire family enjoys together. A traditional Qanun player sets an authentic Arabian ambiance. Iftar is priced at Dhs235 per person. Call 02-8188282 or e-mail abudhabi.restaurants@ritzcarlton.com.

Text SOPHIE VOELZING | Photographs SUPPLIED









A RAMADAN TO REMEMBER AT PALACE DOWNTOWN

You and your loved ones are invited to share the month of gratitude at Palace Downtown, where the spirit of the season combines with cuisine that stays true to tradition.

The Islamic calendar's most important month, Ramadan, is the time for reflection and reverence. The Holy Month is a sacred time, and once the sun sets on a day of fasting, it turns into a joyous celebration of cuisine, sharing and socialising. The Arabesque architecture of Palace Downtown, with its stunning backdrop, makes it the perfect place for friendly and familial gatherings over Iftar and Suhour.

PALACE
DOWNTOWN

Iconic Iftar elegance at Ewaan Ramadan Tent

Palace Downtown is delighted to present the return of the much-anticipated Ewaan Ramadan Tent. Savour the generous Middle Eastern and international buffet while harmonious oud music fill the air with a sense of enchantment.

The details: Taking place daily from May 5 to June 4, 2019, from sunset to 9pm. Priced at Dhs255 per person, inclusive of buffet, Ramadan juices and water. A 25% discount can be availed when dining or booking during the first week of Ramadan.

A tranquil experience at Buhayra Lounge

Enjoy a quintessentially Arabian al fresco experience within the charming lakeside cabanas at Buharya Lounge. Relax in air-conditioned comfort and take your pick from the a la carte as well as a selection of flavourful hubbly bubbly.

The details: Taking place daily from May 5 to June 4, 2019, from 10pm to 3am. A special a la carte Ramadan menu with hubbly bubbly and beverages will be available. A 25% discount can be availed when dining or booking during the first week of Ramadan

A special spa evening with Suhour

Enjoy a relaxing 80-minute signature treatment for yourself and your loved one at The Spa, followed by complimentary Suhour and hubbly bubbly. Select from a delicious set menu at Fai or Buhayra Lounge or savour the traditional buffet at the Arabian tent at Ewaan.

The details: Taking place daily from May 5 to June 4, 2019, from 9am to 10pm at The Spa. Suhour at FAI, Buhayra Lounge or Ewaan Ramadan Tent is available from 10pm to 2am. The spa experience complete with Suhour is priced at Dhs750 for two guests including 80-minutes signature treatment and Suhour set menu along with hubby bubbly.

Restaurant reservations: Call 800 DINING or e-mail dine@emaar.ae **Spa reservations:** Call +971 4 428 7805 or e-mail spa.padth@palacehotels.com
For more information: Visit mydubairamadan.com @PalaceDowntown #PalaceDowntown

Tried & tasted

Each month, we review three of the city's top tables.





Reviewed by Sophie Voelzing

Editor of BBC Good Food Middle East, lover of all things food and a keen seeker of new dining experiences.



Where?
A CAPPELLA, THE POINTE, PALM JUMEIRAH

Dining experience: Dinner

What's it like? A Cappella is an all-new casual hangout-style lounge and global tapas bar located at Palm Jumeirah's newly-opened lifestyle destination, The Pointe.

With uninterrupted views over the water and Atlantis The Palm, A Capella is situated on the second, licensed floor of the destination. Offering both indoor and outdoor seating, the venue is super casual, cool and welcoming. While the weather's cool enough, you can enjoy table seating outdoors on the large terrace area, or alternatively grab a seat at the quirky bar inside which overlooks an open kitchen, giving the place a very Spanish-esque feel – who doesn't love being able to watch chefs firsthand working their magic?

The atmosphere is upbeat, welcoming and fun, with the music increasing slightly as the night goes on – making it an all-round great spot for hanging out with friends, to enjoy affordably priced quality food and beverage throughout the night.

What are the food highlights?

A Capella is brought to us by the guys behind two of the city's most sought-after modern Indian restaurants, Tresind and Carnival by Tresind. If you're a fan of these concepts, you'll know that perfected flavours blended with fun and interactive creativity run through the veins of everything produced by this team – and A Capella is no different.

The passport-style menu at A Capella is divided into various countries, each of which showcase a handful of dishes that the respective countries are known for. Although the menu covers a decent variety of cuisines, I like that the menu selection isn't overbearing – it's always a concern when kitchens try to pull too much off, but A Capella ensures the selection is kept small, and quality high.

All dishes on the menu are tapas portions, so it's a great place to come when you fancy nibbling away at a variant of flavours.

The pani puri chapmenoise gets us off to a great start – little crispy bites of chickpea and potato filled with vibrant tamarind water.

Moving to the USA, we devoured the mini cheese burger sliders served













in beautifully soft brioche-like buns, topped with mushroom ketchup and stick fries, which provided a great crunchy texture. This dish was fantastic paired with the mac and cheese served with lobster and truffle, which was absolutely delicious and indulgent.

One of my favourite dishes of the night was the tandoori lamb chops marinated in shichimi soy and served with a miso dip. The lamb was tender and packed with flavour – both my dining partner and I contemplated ordering a second portion they were that good.

Another dish we equally enjoyed was the de-shelled mud crab malay curry – a perfectly blended mixture of spices and beautiful creamy flavours, which we were sure to mop up with paratha and steamed rice.

To finish, I couldn't resist the mention of sticky toffee pudding from the UK's section of the menu. Prepared with a twist on the classic, A Capella's pudding is made using dates, served with banana ice cream and topped with salted caramel popcorn.

The bottom line: A Capella offers fantastic value for money, with most dishes averaging around Dhs30 per portion. We were also really impressed with the beverage prices – it's certainly an ideal spot for meeting a group of friends for a catch-up without having to worry about how much the bill is going to come to at the end of the night (unlike most places in Dubai).

The venue has some great offers too, including a daily unlimited happy hour from 4pm – 8pm for just Dhs150 per person. On Thursdays, enjoy a lively atmosphere with a live DJ and beatboxer from 9pm. A DJ also plays every Wednesday, Thursday, Friday and Saturday from 8pm.

Want to go? For more information or to make a reservation, call 0589719542 or 04 5896788.





Where?
ROSSO RESTAURANT & BAR, AMWAJ ROTANA, JUMEIRAH BEACH RESIDENCE

Dining experience: Dinner

What's it like? One of JBR's most long-standing successful restaurants, Rosso is a casual Italian eatery and bar at Amwaj Rotana. Offering both indoor and outdoor seating, the venue is great to visit no matter the season – although we do particularly love it when the weather allows for sitting outside as Rosso's expansive terrace offers a vibrant atmosphere and views over JBR.

We visited on a Friday evening and the huge outdoor seating area was full, there was a lovely vibe around the venue that was welcoming, and upbeat yet relaxed – it's the perfect place to dine with a loved one, your family or a small group of friends.

Throughout the evening, the team at Rosso were attentive and always on hand to ensure our dining requirements were met, without being intrusive or overbearing.

What are the food highlights? In line with getting a brand-new head chef to oversee the kitchen at Rosso, the venue recently introduced a new menu, which is generously designed and includes all the Italian favourites such as homemade pastas, pizzas and risottos, there's also soups and salads, cured meats and cheese platters, plus starters and main courses that offer up a great selection of meat, fish and seafood-based dishes.



To start, highlights include the fresh shrimp and avocado tartare with squeezed lemon juice and evo oil, plus the creamy burrata with confit tomato, rocket and flavoursome basil pesto.

For main course, my dining partner and I opted to share a dish of spaghetti alla carbonara, which Rosso serves with beef bacon, egg, and generous lashing of Parmigiano Reggiano, plus the grilled angus beef rib eye, served tagliata style atop roasted mushrooms and asparagus, then drizzled with a tasty peppercorn sauce – both of which were wholesome, delicious and satisfying.

For a lighter taste, we opted for a side of crunchy baby gem Caesar salad, which was fresh, light and a nice contrast from the heavier dishes.

Portions at Rosso are quite large, so we were quite full by this stage – but who can resist dessert? Keeping things classically Italian, we couldn't say no to Rosso's interesting take on tiramisu, which they served deconstructed – creamy Mascarpone swirls with coffee-soaked savioardi biscuits brought the meal to a successful close.

The bottom line: Rosso serves up excellent value for money, with tasty, home-style cooking paired with beverages all at reasonable price points. It's welcoming ambiance and friendly service ensures a great evening out with your loved ones.

Not just open for dinner, Rosso is launching a Summer indoor Friday brunch from May 10 that will take place weekly till October across both Rosso and neighbouring Japanese restaurant Benihana, with packages starting from Dhs159 per person with soft drinks and Dhs79 for children 6 to 12 years old.

Want to go? For more information or to make a reservation, call 04-4282000.



Where?
MINA BRASSERIE, FOUR SEASONS HOTEL DIFC

Dining experience: Dinner

What's it like? MINA Brasserie is a relatively new spot on the block in DIFC, and since opening has gone from strength to strength under the culinary direction of famed American chef Michael Mina.

During our visit on a Friday evening, it was clear to see that MINA is one of DIFC's hot spots, with not a seat to spare past 8.30pm – so be sure to make a reservation if you plan on visiting.

The beautifully designed modern brasserie features both indoor and outdoor seating on the covered terrace, where a live band plays during the evening, ensuring the vibe is alive and upbeat. Seats on the terrace book up first, we're told, and I quickly understand why as the scene is beautiful – romantic tear-drop pendant lights hang from the ceiling, lush greenery surrounds the venue and centerpiece trees make the room feel cosy. It's a beautiful ambiance.

As the evening goes on, the vibe becomes livelier, with the band hopping from table to table to get the party started – it's a really fun, sophisticated and inviting place to be.

What are the food highlights?

The menu at MINA boasts a delightful selection of modern European dishes that showcase seasonal fish, seafood, and meat, all of which are hearty and of a fine dining standard.

Highlights to start include the oak-grilled octopus, cooked tenderly and served with flavour-bursting black garlic, tomato five ways and a crispy onion ring. The tuna tartare is equally as impressive, fresh and generously chopped, served with sesame-habanero oil, garlic and mint.

For main, the wagyu fillet was cooked to medium rare perfection, served with an indulgent side of macaroni & cheese. For something a little lighter, the Dover sole is a fantastic option, served with a caviar-caper sauce and asparagus.

We'd highly recommend getting a side of crispy Brussel sprouts for your table – the soy, honey-glazed sprouts were absolutely divine, and our table polished the bowl off without hesitation.

A perfect dessert for sharing of Baked Alaska with fresh raspberries and mango purée offered a fruity, refreshing end to the dining experience.









The bottom line: MINA Brasserie is a gorgeous restaurant offering a very high standard of food, in a classy yet fun atmosphere. It's a perfect spot for a date night with your other half, or a venue to celebrate an occasion at with a small group of close friends or family, over fantastic food and beverages into the earlier hours.

Want to go? For more information or to make a reservation, call 04-5060100 or visit minabrasserie.com.

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easy

Delicious, simple, and easy-to-make recipes



four terrific

■ hummus toppers

page 22



slow cooker

■ moroccan lamb stew page 24



one-pan dinners

■ easiest ever midweek meals

page 26



lighter suppers

■ straight to the table page 32

four terrific

Hummus toppers

Ready in 30



Make a meal for two using shop-bought hummus with tasty toppings – all you need is pitta bread for scooping

recipes SOPHIE GODWIN *photographs* EMMA BOYNS

Spiced cauliflower

SERVES 2 **PREP** 5 mins **COOK** 25 mins **EASY** V

Heat oven to 220C/200C fan/gas 7. Cut **½ small cauliflower** into florets, saving the leaves. Tip the florets into a bowl and toss with **1 tsp ground turmeric**, **2 tsp cumin seeds**, **2 tbsp olive oil** and a generous pinch of salt and pepper. Tip the cauliflower onto a baking tray, cook for 20 mins, then add the cauliflower leaves, give everything a good mix and cook for a further 5 mins. Spread a **200g tub plain hummus** onto a plate. Top with the roasted cauliflower and **1 tbsp Bombay mix**.

GOOD TO KNOW vegan • folate • fibre • vit c • iron • 1 of 5-a-day
PER SERVING 525 kcals • fat 42g • saturates 2g • carbs 19g • sugars 5g • fibre 9g • protein 13g • salt 1.2g

Chorizo & red pepper

SERVES 2 **PREP** 5 mins **COOK** 5 mins **EASY**

Peel and slice **100g cooking chorizo** and chop **2 roasted red peppers** from a jar. In a dry frying pan, toast **1 tbsp flaked almonds**, then tip into a bowl. Heat **½ tbsp olive oil** in the same pan, add the chorizo and a **pinch smoked paprika**. Fry until the chorizo has released its oil, then stir in the peppers, **1 clove crushed garlic** and a **splash of sherry vinegar**. Cook for a min, then take off the heat. Spread a **200g tub plain hummus** onto a plate. Tip the chorizo mix on top, then sprinkle over the almonds and some **parsley**.

GOOD TO KNOW fibre • 1 of 5-a-day
PER SERVING 585 kcals • fat 48g • saturates 7g • carbs 14g • sugars 3g • fibre 6g • protein 21g • salt 3.8g





Pistachio lamb meatballs

SERVES 2 **PREP** 5 mins **COOK** 10 mins **EASY**

Put **250g lamb mince**, **½ small bunch mint**, and **30g pistachios** in a food processor. Roughly pulse to combine, then season generously with salt, pepper and the zest of **1 lemon**. Shape into eight meatballs. Heat **1 tbsp oil** in a large frying pan. Fry the meatballs for 8-10 mins, turning so that they become evenly browned. Spread a **200g tub plain hummus** onto a plate. Top with the meatballs, a **few mint leaves**, **30g crumbled feta**, some **chopped pistachios** and a squeeze of lemon juice.

GOOD TO KNOW folate • fibre • iron • gluten free
PER SERVING 740 kcals • fat 59g • saturates 11g • carbs 13g • sugars 2g • fibre 7g • protein 36g • salt 1.6g

Pickled red onion & pomegranate seeds

SERVES 2 **PREP** 20 mins **COOK** 2 mins **EASY** **V**

Put **½ thinly sliced small red onion** and **6 quartered radishes** in a bowl with **1½ tbsp red wine vinegar**, a good pinch of salt and **1 tsp sugar**. Stir, then leave to quickly pickle for 15 mins. Meanwhile, toast **2 tbsp pumpkin seeds** in a dry frying pan until starting to pop. Spread a **200g tub plain hummus** onto a plate. Pile on the red onions and radishes, **2 tbsp pomegranate seeds**, pumpkin seeds and a **sprinkling of sumac**. Spoon over a little of the vinegar.

GOOD TO KNOW vegan • folate • fibre
PER SERVING 444 kcals • fat 34g • saturates 1g • carbs 19g • sugars 7g • fibre 8g • protein 12g • salt 1.5g



Shoot director GARETH JONES | Food stylist ELENA SILCOCK | Stylist FAYE WEARS

slow cooker

moroccan lamb stew

With an aromatic hit of spice, this hearty stew is perfect for filling up on during Iftar.

recipe CASSIE BEST *photograph* SAM STOWELL

Slow cooker Moroccan lamb stew

SERVES 6 **PREP** 10 mins
COOK 7-9 hrs **EASY** ❄

2 tbsp olive or rapeseed oil
1kg diced lamb shoulder
2 onions, halved and sliced
5 garlic cloves, crushed
thumb-sized piece ginger, peeled and grated or finely chopped
1 tbsp each ground cumin and coriander
1 tsp ground cinnamon
pinch saffron (or turmeric, to add colour)
½ large or 1 small preserved lemon, skin only, finely chopped
1 tbsp tomato purée
600ml hot beef or lamb stock
1 tbsp honey
1 lemon, zested, plus a squeeze of juice
80g pitted Kalamata olives
handful chopped mint, coriander or parsley (or a combination)
couscous or rice, to serve

1 Set the slow cooker to low. Heat 1 tbsp oil in a pan and brown the lamb in batches, transferring to the slow cooker as you go. Add the remaining oil and the onions to the pan and cook for 8-10 mins until softened. Tip in the garlic and ginger and stir for 1-2 mins, then add the spices, preserved lemon and tomato purée. Warm through, then tip into the slow cooker. Swirl some water around the pan, then pour into the slow cooker along with the stock. Season, cover and cook for 6-8 hrs.
2 Once the meat is really tender, turn the heat up to high. Add the honey, lemon and olives and cook for 20-30 mins. Top with the herbs and serve with couscous or rice.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 488 kcals • fat 35g • saturates 14g • carbs 7g • sugars 5g • fibre 3g • protein 34g • salt 1.0g

Shoot director ELIZABETH GALBRAITH | Food stylist ELLIE JARVIS | Stylist LUIS PERAL

A Ramadan to remember

Create lifelong memories this Ramadan at The Abu Dhabi EDITION, where timeless traditions blend with contemporary luxury and outstanding culinary experiences.





The Abu Dhabi EDITION is a waterfront oasis spearheading a new movement in the city that never stands still. Heightened dining experiences are fundamental to EDITION hotels and The Abu Dhabi EDITION is no exception, with three signature restaurants created by world renowned chef Tom Aikens, the youngest chef ever to be awarded two Michelin stars.

Celebrate the holy month with special experiences for the whole family at The Abu Dhabi EDITION. Here's what the hotel has is store:

Iftar at Market at EDITION

Delight in a traditional Iftar with a contemporary touch at The Abu Dhabi EDITION, featuring live cooking and carving stations, flavours of the Middle East, sushi selections, traditional sweets and pastries, and freshly-squeezed juices. Highlights on the menu include classic mezze such as eggplant zalouk, baba ganoush, hummus, moutabel, and fattoush, plus much more. Ease into Iftar with an Oriental lentil soup with fried bread and lemon wedges, before indulging with main courses like Moroccan tagine with couscous, kibbeh bil laban, chicken machboos, butter chicken and plenty more. There's also a BBQ station serving a selection of Arabic, Turkish and Persian kebabs, served with grilled vegetable and assorted sauces and condiments. Not forgetting the lamb ouzi with Iranian spices and saffron rice. For dessert, a wide-range of temptation awaits, from cheese kunafa and Uumm Ali, to katayef and rosewater panna cotta.

Market at EDITION is an an imaginative, healthy lifestyle restaurant, where a relaxed and interactive style blurs the boundaries of traditional and al-fresco dining. As with the theatre of a street-food market, the magic of an open kitchen restaurant lets guests interact with chefs as they create dishes live in the dining room. With a focus on healthy, no waste, farm to table cooking, each kitchen will make use of each ingredient to its entirety.

The details: Daily from sunset to 9.30pm, priced at Dhs180 per person.

Evening High Tea

Indulge in a decadent selection of sweet and savoury traditional bites in the classic and contemporary setting of the Lobby, daily from sunset to midnight. To start, dive into a selection of cold and hot mezze, including favourites like pumpkin hummus, beetroot moutabel, stuffed vine leaves, kibbeh, chicken musakhan, spinach fatayer and rubaian kibbeh. Then indulge your sweet tooth with options like pistachio cardamom cake, Emirati spiced layer cake, Arabic sweets and stuffed dates, mini mcclair, and more.

The lobby contains a fusion of classic and contemporary styling details: The cozy warm living room is the heart of the hotel and a traditional styled bespoke Cavicchi gold leaf billiard table becomes the focal point encouraging guests to sit and mingle. Classical marble pattern flooring with a contemporary scale and style is used throughout the lobby creating continuity and understated luxury.

The details: Daily from sunset to midnight, priced at Dhs90 per person.

Ramadan Spa Special

Throughout the holy month of Ramadan, enjoy 20% discount off all EDITION Spa treatments and signature massages. The Spa features light oak flooring and timber walls providing a soft, organic atmosphere where guests are invited to relax and enjoy a hand blended tonic or warm cup of tea. Each guests' is tailored to their specific needs, blending timeless philosophies and innovative techniques to custom build treatments with bespoke scent, sound, touch and premium products. The spa features seven treatment rooms including two hammams, a facial room and couple's treatment suite.

The details: The discount is available daily during the holy month, from 9am to 3pm. For Spa reservations, call +971 (0) 2 208 0000 or visit spa.auh@editionhotels.com.

THE ABU DHABI EDITION

Call: +971 (0) 2 208 0000
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one-pan dinners

easiest ever midweek meals

Minimise your washing-up with these genius, delicious one-pan dinner ideas

recipes ESTHER CLARK *photographs* STUART OVENDEN

Carrot soup with chilli coriander pesto

SERVES 4-6 **PREP** 15 mins
COOK 30 mins **V** ❄ soup only

5 tbsp olive oil
2 onions, finely chopped
3 large garlic cloves, crushed
thumb-sized piece ginger, grated
4 tbsp mild curry powder
900g carrots, sliced
1.7 litres hot vegetable stock
large bunch coriander, chopped
30g pine nuts, toasted
1 small red chilli, deseeded and finely chopped
40g parmesan or vegetarian alternative, finely grated
1 lemon, zested
crème fraîche and crusty bread, to serve (optional)

■ Heat 2 tbsp oil in a saucepan, add the onion and fry for 7 mins. Add 2 of the garlic cloves, the ginger and curry powder and cook for 1 min more. Stir through the carrots and stock and cook, covered, for 15-20 mins or until the carrots are soft.

■ Remove from the heat and blitz with a hand blender until completely smooth. Season to taste and leave on a very low heat.

■ Tip the remaining 3 tbsp oil into a small food processer along with the coriander, remaining garlic, pine nuts and chilli. Whizz until smooth, then tip into a bowl and stir in the parmesan and lemon zest. If it's too thick, loosen with 1 tbsp water.

■ Ladle the soup into bowls and top with the pesto. Add a spoonful of crème fraîche and serve with bread, if you like.

GOOD TO KNOW healthy • low cal • fibre • 2 of 5-a-day
PER SERVING (6) 258 kcals • fat 16g • saturates 3g • carbs 17g • sugars 14g • fibre 10g • protein 6g • salt 0.2g

Greek lamb meatballs

SERVES 4 **PREP** 5 mins
COOK 35 mins **EASY**

2 tbsp olive oil
500g lamb meatballs
300g baby new potatoes, thickly sliced
2 large garlic cloves, crushed
185g chargrilled vegetables, drained if in oil
2 x 400g cans chopped tomatoes with herbs
2 tsp light brown soft sugar
100g black olives
40g feta, crumbled
½ small bunch mint, finely shredded
1 lemon, zested

■ Heat 1 tbsp of the oil in a large shallow flameproof casserole or frying pan over a medium heat. Add the meatballs and fry for 5 mins or until golden brown. Set aside on a plate.

■ Heat the remaining oil in the same pan and fry the potatoes over a medium heat for 5 mins, or until they're starting to turn golden brown.

■ Add the garlic to the pan and fry for 1 min. Stir through the chargrilled veg, tomatoes and sugar, as well as the olives. Season. Add the meatballs back to the pan, cover and cook over a medium-low heat for 30-35 mins, stirring occasionally. Remove the lid halfway through, the potatoes should be just cooked through with the liquid slightly reduced.

■ Remove the pan from the heat and serve at the table with the feta, mint and lemon zest scattered over.

GOOD TO KNOW 2 of 5-a-day
PER SERVING 555 kcals • fat 31g • saturates 11g • carbs 35g • sugars 12g • fibre 6g • protein 31g • salt 1.0g



gf tip
Buy pots of chargrilled veg from deli counters or in jars, or use frozen and defrosted.

Herby spring chicken pot pie

SERVES 4 **PREP** 10 mins
COOK 30 mins **EASY** ❄ filling only

2 tbsp olive oil, plus a little extra for brushing over the pastry
bunch spring onions, sliced into 3cm pieces
250g frozen spinach
6 ready-cooked chicken thighs (or see tip, right)
350ml hot chicken stock
½ tbsp wholegrain mustard
200g frozen peas
200ml half-fat crème fraîche
½ small bunch tarragon, leaves finely chopped
small bunch parsley, finely chopped
270g pack filo pastry

■ Heat oven to 200C/180C fan/gas 6. Heat the oil in a large, shallow casserole dish on a medium heat. Add the spring onions and fry for 3 mins, then stir through the frozen spinach and cook for 2 mins or until it's starting to wilt. Remove the skin from the chicken and discard. Shred the chicken off the bone and into the pan, and discard the bones. Stir through the stock and mustard. Bring to a simmer and cook, uncovered, for 5-10 mins.

■ Stir in the peas, crème fraîche and herbs, then remove from the heat. Scrunch the filo pastry sheets over the mixture, brush with a little oil and bake for 15-20 mins or until golden brown.

GOOD TO KNOW calcium • folate • fibre • vit c • iron • 2 of 5-a-day
PER SERVING 526 kcals • fat 22g • saturates 8g • carbs 47g • sugars 7g • fibre 7g • protein 32g • salt 1.3g

gf tip
Use 400g shredded roast chicken if you have leftovers from Sunday lunch.

Lemony tuna, tomato & caper one-pot pasta

SERVES 4 **PREP** 5 mins
COOK 30 mins **EASY**

2 tbsp olive oil
1 red onion, finely chopped
500g cherry tomatoes, halved
400g dried pasta (we used rigatoni)
1 litre hot vegetable stock
2 x 110g cans tuna in olive oil, drained
3 tbsp mascarpone
30g parmesan, grated
2 heaped tbsp capers
½ lemon, zested
small bunch parsley, finely chopped

■ Heat the oil in a saucepan over a medium-low heat. Add the onion and a pinch of salt and fry gently for 7 mins or until softened and turning translucent. Add 350g of the tomatoes, the pasta and veg stock to the pan and bring to the boil, then reduce to a simmer and cook for 15 mins, uncovered, stirring occasionally. The tomatoes should have broken down and the pasta will be just cooked.

■ Add the remaining tomatoes and bubble uncovered on a medium-high heat for 5 mins or until the liquid has reduced. Gently fold through large flakes of tuna, the mascarpone, parmesan, capers, lemon zest and parsley as well as salt and a generous grind of black pepper. Place a lid on the pan and leave to sit for 5 mins before serving in deep bowls.

GOOD TO KNOW fibre • vit c • 1 of 5-a-day
PER SERVING 672 kcals • fat 23g • saturates 9g • carbs 83g • sugars 12g • fibre 9g • protein 29g • salt 1.5g



Harissa salmon pilaf

SERVES 4 **PREP** 5 mins **COOK** 20 mins **EASY**

2 tbsp olive oil
1 large onion, finely sliced
1 tsp ground coriander
1 tsp turmeric
2 tbsp harissa paste
2 x 250g pouches cooked wholegrain rice
2 poached salmon fillets (about 200g)
40g pistachios, finely chopped
70g pomegranate seeds
50g raisins
1 small bunch parsley, leaves shredded
lemon wedges, to serve (optional)

■ Heat the oil in a large frying pan or shallow casserole pot and add the sliced onion. Fry over a medium heat for 10-12 mins or until the onion becomes golden and sticky. Stir in the coriander, turmeric and harissa paste and fry for 1 min.

■ Cook the rice in the microwave following pack instructions. Add the rice to the pan and stir everything together, cooking for 5 mins. Stir large flakes of the salmon through the rice (discard any skin) and finish topped with the pistachios, pomegranate seeds, raisins and shredded parsley. Serve with lemon wedges to squeeze over, if you like.

GOOD TO KNOW fibre • omega-3 • 1 of 5-a-day • gluten free
PER SERVING 585 kcals • fat 31g • saturates 5g • carbs 46g • sugars 16g • fibre 7g • protein 28g • salt 0.5g

Spicy asparagus & chorizo baked egg

SERVES 1 **PREP** 5 mins **COOK** 20 mins **EASY**

125g asparagus, cut into 3cm pieces
20g diced chorizo
½ tsp hot smoked paprika
75g frozen spinach
1 tbsp half-fat crème fraîche
1 large egg
flatbread, to serve (optional)

■ Heat a small non-stick frying pan over a medium heat, add the asparagus and chorizo and fry over a medium heat for 8 mins. Stir through the paprika, cooking for a further 1 min.

■ Stir the spinach into the pan and cook for 5 mins until wilted before stirring through the crème fraîche. Season, then make a well in the middle of the mixture and crack the egg into it. Cover the pan and cook for 5-6 mins or until the egg is just set. Serve with a flatbread, if you like.

GOOD TO KNOW folate • fibre • 2 of 5-a-day • gluten free
PER SERVING 277 kcals • fat 18g • saturates 7g • carbs 5g • sugars 4g • fibre 6g • protein 20g • salt 1g



Shoot director GARETH JONES | Food stylist ESTHER CLARKE | Stylist FAYE WEARS

Moroccan freekeh traybake

SERVES 2 **PREP** 5 mins
COOK 30 mins **EASY** V

2 tbsp olive oil
400g can chickpeas, rinsed and drained
1 tsp ground coriander
1 tsp ground cumin
½ tsp chilli flakes
270g cherry tomatoes
½ x 400g can apricot halves, drained and roughly chopped
70g green olives
250g pouch cooked freekeh
70g fat-free Greek yogurt
small bunch dill, finely chopped

■ Heat oven to 200C/180C fan/gas 6. Toss the oil with the chickpeas, spices and chilli flakes in a medium roasting tin. Roast for 15 mins or until the chickpeas are beginning to crisp and turn golden brown. Add the tomatoes, apricots, olives and freekeh to the pan and toss everything together. Return to the oven for a final 10-15 mins until the tomatoes start to burst and everything is piping hot. Season to taste.

■ Combine the yogurt and most of the dill and season with salt. Serve the freekeh with any extra dill fronds scattered over and a dollop of the herby yogurt.

GOOD TO KNOW healthy • calcium • folate • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 622 kcals • fat 24g • saturates 3g • carbs 70g • sugars 16g • fibre 16g • protein 21g • salt 1.3g



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recipes SOPHIE GODWIN *photographs* ROB STREETER

Curried chicken pie

LOW CAL · IRON · 2 OF 5-A-DAY

SERVES 4 **PREP** 20 mins
COOK 25 mins **EASY**

2 tbsp cold pressed rapeseed oil
500g chicken breasts, cut into chunks
4 spring onions, sliced
3 garlic cloves, grated
thumb-sized piece ginger, grated
1 tbsp curry powder
1 large head broccoli, cut into florets, top of stalk thinly sliced
1 tsp soy sauce
250ml low-fat coconut milk, plus a splash
250ml chicken stock
1 heaped tsp cornflour mixed with 1 tbsp hot water
4 large handfuls kale
4 sheets filo pastry
½ tbsp nigella seeds

1 Heat oven to 220C/200C fan/gas 7. Pour 1 tbsp oil into a flameproof casserole dish. Add the chicken, season and fry for 4-5 mins on a medium heat, turning, until lightly browned. Remove with tongs and set aside.
2 Pour ½ tbsp more oil in to the casserole dish and add the spring onions. Fry gently for a couple of mins, then stir in the garlic, ginger and curry powder. Cook for 1 min, then tip the chicken back in to the pan, along with the broccoli, soy sauce, coconut milk, chicken stock and cornflour mixture. Bring the mix to the boil, then stir in the kale. Once it has wilted, take off the heat.

3 Mix the remaining oil with the splash of coconut milk. Unravel the pastry. Brush each sheet lightly with the oil mixture, then scrunch up and sit on top of the pie mixture. Scatter over the nigella seeds, then put in the oven for 12 mins, or until the pastry is a deep golden brown. Leave to stand for a couple of mins before serving.

GOOD TO KNOW healthy • low cal • iron • folate • vit c • 2 of 5-a-day
PER SERVING 461 kcals • fat 15g • saturates 5g • carbs 33g • sugars 5g • fibre 9g • protein 43g • salt 1g



Vegetarian bean pot with herby breadcrumbs

FIBRE · VIT C · 5 OF 5-A-DAY

SERVES 2 **PREP** 10 mins
COOK 35 mins **EASY V**

1 slice crusty bread
½ small pack parsley leaves
½ lemon, zested
2 tbsp olive oil
pinch chilli flakes (optional)
2 leeks, rinsed and chopped into half-moons
2 carrots, thinly sliced
2 celery sticks, thinly sliced
1 fennel bulb, thinly sliced
2 large garlic cloves, chopped
1 tbsp tomato purée
few thyme sprigs
150ml glass white wine
400g can cannellini beans, drained

1 Toast the bread, then tear into pieces and put in a food processor with the parsley, lemon zest, 1/2 tbsp olive oil, a good pinch of salt and pepper and the chilli flakes, if using. Blitz to breadcrumbs. Set aside.
2 Heat the remaining oil in a pan, add the leeks, carrots, celery and fennel along with a splash of water and a pinch of salt. Cook over a medium heat for 10 mins until soft, then add the garlic and tomato purée. Cook for 1 min more, then add the thyme and white wine. Leave to bubble for a minute, then add the beans. Fill the can halfway with water and pour into the pot.
3 Bring the cassoulet to the boil, then turn down the heat and leave to simmer for 15 mins before removing the thyme sprigs. Mash half the beans to thicken the stew. Season to taste, then divide between bowls and top with the herby breadcrumbs to serve.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • iron • 5 of 5-a-day
PER SERVING 446 kcals • fat 15g • saturates 2g • carbs 40g • sugars 12g • fibre 21g • protein 16g • salt 0.5g

Shoot director MARTIN TOPPING | Food stylist SOPHIE GO DWIN

Moroccan roast lamb with roasted roots & coriander

LOW CAL · IRON · 3 OF 5-A-DAY

SERVES 4 **PREP** 15 mins
COOK 55 mins **EASY**

½ leg of lamb, around 800g
2 red onions, cut into wedges
1 butternut squash, skin left on, cut into wedges
1 celeriac, peeled and cut into wedges
2½ tbsp cold pressed rapeseed oil
2 tbsp ras el hanout
8 garlic cloves, skin on
1 small bunch coriander
½ tsp cumin seeds
1 lemon, zested and juiced
½ green chilli, deseeded

1 Take the lamb out of the fridge while you chop the onions, squash and celeriac. Heat oven to 200C/180C fan/gas 6. Trim the leg of any excess fat, then cut a few slashes into the meat and rub ½ tbsp oil and 1 tbsp ras el hanout over the meat and season with salt and pepper. Put the onion, celeriac, butternut squash and garlic into a large roasting tin. Toss with the remaining ras el hanout, remaining oil and some salt and pepper. Nestle the lamb into the tin and put in the oven to roast for 40 mins.
2 Take the lamb out of the oven and leave to rest. Put the veg back in the oven for 20 mins. Meanwhile, blitz the coriander, cumin seeds, lemon zest and juice, and green chilli together in a mini food processor until finely chopped and vivid green.

Carve the lamb, put on a platter, then pile on the veg. Spinkle on some of the coriander mix before taking it to the table for everyone to help themselves.

GOOD TO KNOW healthy • low cal • fibre • iron • 3 of 5-a-day • gluten free
PER SERVING 446 kcals • fat 20g • saturates 5g • carbs 18g • sugars 10g • fibre 10g • protein 45g

A grand gathering

Grand Hyatt Dubai is one of Dubai's most elaborate Ramadan venues, offering a unique setting for family and friends to enjoy a complete awe-inspiring culinary experience during the holy month





Feel the essence and spirit of Ramadan throughout Grand Hyatt Dubai, with the Laylati tent hosting an annual Grand Iftar and Suhoor, while an exclusive ladies Suhoor, Hia, can be found at Andiamo.

As always, the quintessential Ramadan tent set up promises grandeur and luxury. This year the hotel has taken things up a notch with influences from Andalusia, and the beautiful Alhambra Palace – sure to impress the whole family.

Here are some of the indulgent experiences on offer at Grand Hyatt Dubai this Ramadan:

LAYLATI CAFÉ

The Laylati café can host up to 750 guests during the holy month, and features its own elegantly decorated entrance, for the convenience of our guests. Make your way to our marquee and enjoy both Iftar and Suhoor.

GRAND IFTAR

Go on a delectable culinary journey this Ramadan at the Grand Iftar. It's definitely not one to miss out on. Taking place daily during Ramadan from 8.30pm/9pm (timings will vary depending on the sunset). Priced at Dhs210 per person including soft drinks, Dhs105 per child aged 6-12, and children under the age of six dine for free.

For the holy month, guests at Grand Hyatt Dubai will be contributing to a charity drive held in collaboration with Al Jalila Foundation. The world-class city resort hotel will donate proceeds from every bill charged during the Iftar to Al Jalila Foundation. The proceeds will be used by the organisation to support pediatric treatment and research for BASMA (smile in Arabic), under the slogan 'Your Gift, Their Smile'.

GRAND SUHOOR

Relish in a selection of light bites and evening refreshments to get you through the evening at the Grand Suhoor. A variety of shisha flavours can also be found for your family and friends to enjoy. Taking place daily from 8.30pm/9pm (sunset depending), to 3am. Priced at Dhs35 Saturday - Wednesday, Dhs50 Thursday - Friday and shisha is Dhs100. Entry strictly 21+.

LADIES SUHOOR

Round up your girlfriends and spend some quality time together at HIA, the exclusive ladies Suhoor. Expect a delightful a la carte menu, along with your favourite range of shisha flavours. Entry strictly 21+, with a cover charge of Dhs50 Saturday - Wednesday and Dhs70 Thursday - Friday.

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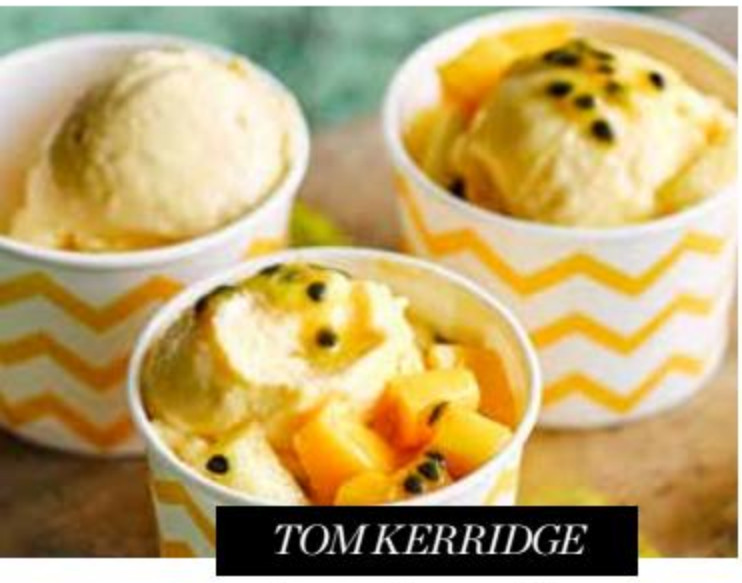
WEEKEND

Mouthwatering dishes to dig into with your family and friends over the weekend.



VEGETARIAN MENU FOR 8

Veggie showstopper, p46



TOM KERRIDGE

Piri-piri at home, p50



STAR INGREDIENT

A taste of honey, p54



DIANA HENRY

PASSION FOR POMEGRANATE, p38

gf

DIANA HENRY

PASSION FOR POMEGRANATE

Diana Henry shares three new recipes using pomegranate molasses, a sweet and sour storecupboard staple in Middle Eastern cuisine

photographs KRIS KIRKHAM

Middle Eastern food was the first cuisine I fell in love with when I arrived in London in 1985. I'd go to a little row of shops in Kensington, usually in the evening when they turned on the fairy lights above the name of each shop. There was a Persian restaurant; a pastry shop with a window full of diamond-shaped lozenges of baklava and pistachio-stuffed fingers of filo; and a grocer that sold everything from fat, honeyed quinces and bouquets of dill to tins of caviar from the Caspian Sea. There were boxes, jars, packets and bottles that could take you to places with turquoise skies. Claudia Roden's descriptions of the food and the gatherings she had grown up with in the Middle East made me want to understand, smell, taste and eat this culture more than any other.

My first bottle of pomegranate molasses came from that Kensington shop and it was precious. I still buy the same brand – Cortas – because I like the label (it's Lebanese and a little on the tart side) although there are now many others available. I was surprised by its dark colour – it looked like cough mixture and had a similar sticky viscosity. The bright crimson of pomegranate juice disappears as it's boiled until thick (some brands add sugar – try a few and see which you like). It's intense, so you have to use it carefully. It's perfectly balanced between sweet and tart – fruitier than tamarind paste, almost plummy – and it can overwhelm other components in a dish. I love it in dressings, and not just in dressings for Middle Eastern dishes; it's a fantastic glaze when mixed with honey, cumin and garlic, too (but pay attention to the temperature and the cooking time, as the sugars in pomegranate molasses burn easily).

It was a long time before I used pomegranate molasses to flavour a soup or a braise, but it deepens flavour and adds a rich fruitiness, as long as you don't use too much. The most surprising use for it I've ever discovered was in a recipe from the Iranian food writer Najmieh Batmanglij. She includes it in an Azerbaijani spinach and pomegranate soup, which is sweet and tart and earthy all at the same time.

It's a good idea to eat a little spoonful of pomegranate molasses every so often to remind yourself what it tastes like – it's one of those ingredients we add but rarely experience neat. Its use in sweet dishes might surprise you, but it's wonderful in sugar syrups to pour on orange and date compotes.

Back in 1985, I had to make two bus trips to buy my precious bottles; right now there are three in my fridge. Familiarity has not bred contempt, though. To me, pomegranate molasses is still special.



Good Food contributing editor Diana Henry is an award-winning food writer. Her latest book is *How to Eat a Peach* (£25, Mitchell Beazley). For more of Diana's recipes, go to *bbcgoodfoodme.com*
@dianahenryfood

Lamb meatballs with sour cherries, pomegranates & pistachios, p40

Lamb meatballs with sour cherries, pomegranates & pistachios

Do try to get dried sour cherries for this. You need a balance of sweet and sour.

SERVES 6 **PREP** 25 mins plus 45 mins chilling **COOK** 40 mins **EASY**

1½ tbsp olive oil
2 tbsp chopped coriander
2 tbsp chopped parsley
2 tbsp very roughly chopped pistachios
2 tbsp pomegranate seeds

For the meatballs

1.2kg lamb mince
1 small red onion, grated
4 garlic cloves, grated
1 red chilli, deseeded and very finely chopped
1 lemon, zested
50g fresh white breadcrumbs
2 tsp ground cinnamon
2 tsp ground allspice
3 tsp ground cumin
2 tsp fine salt (you may need more – see tip)

For the sauce

75g dried sour cherries
100ml pomegranate juice
1 large onion, finely chopped
2 garlic cloves, crushed
100ml red wine
250ml lamb stock
½ tbsp pomegranate molasses
½ cinnamon stick
2 bay leaves

1 Put all the ingredients for the meatballs in a large bowl and mix them together with your hands, really pummelling the meat so that the spices and seasoning get well mixed in. Using wet hands, form the meat into 24 balls just a little bigger than a walnut.

2 As you form these, put them on to a baking sheet or a tray. Cover them and put in the fridge for 45 mins or so to firm up.

3 For the sauce, put the cherries and the pomegranate juice in a saucepan and bring to the boil. Take the pan off the heat and leave the cherries to sit in the warm liquid and plump up for 40 mins or so.

4 Heat ½ tbsp olive oil in a frying pan and fry the meatballs in batches (they will give off lots of oil when frying). Transfer to a plate as each lot are browned. Remember you aren't cooking these through, just browning them. Gently fry the onion in 1 tbsp oil in a large shallow casserole or deep frying pan until pale gold. Add the garlic and cook for another couple of mins, then add the wine, stock, pomegranate molasses, cinnamon and bay. Add the cherries, too – they should have absorbed nearly all of the pomegranate juice.

5 Put the meatballs back in the pan. Bring the sauce to just under boiling, then turn the heat down low, season well, cover the pan and cook for 15 mins. Take the lid off and cook for another 15 mins. You should have a nice sauce around the meatballs, but if it seems too thin, remove the meatballs and reduce the sauce by boiling it, then put the meatballs back in.

6 Taste for seasoning – you should consider the sweetness as well as the saltiness – and adjust it if you need to (sometimes I add a teaspoon of honey at this stage, or a little more pomegranate molasses). Scatter with the herbs, pistachios and pomegranate seeds to finish.

GOOD TO KNOW iron • 1 of 5-a-day
PER SERVING 569 kcals • fat 35g • saturates 14g • carbs 15g • sugars 12g • fibre 5g • protein 44g • salt 2.2g

gf tip
Take a little pinch of the meatball mixture, fry it in some hot oil then taste it – this way you'll know whether you have to adjust the seasoning or spicing (the worst mistake in making meatballs is not to season them properly).

Kisir

Sides usually have a supporting role, but this one is glorious – jewelled and unusual. It's very good with a leg of lamb or chops, or a roasted aubergine dish. I always eat yogurt with it.

SERVES 4-6 **PREP** 25 mins **COOK** 5 mins **EASY** **V**

1 tbsp olive oil
1 small red onion, sliced
2 garlic cloves, very finely chopped
2 tsp ground cumin
1 red and 1 green chilli, halved, deseeded and cut into fine shreds
1¼ tbsp tomato purée
250g bulgur wheat
4 plum tomatoes, chopped
15g walnuts, roughly chopped
seeds from ½ pomegranate (about 60g)
30g bunch flat-leaf parsley, finely chopped
big handful mint leaves, torn
1 large lemon, juiced
85ml extra virgin olive oil
1¾ tbsp pomegranate molasses

1 Heat the oil in a medium sized saucepan and sauté the onion to just take off the raw edge. Add the garlic and cook for another 30 secs or so. Add the cumin and chillies and cook for another 1 min. Stir in the tomato purée and 175ml boiling water. Add the bulgur, season, stir everything together, remove from the heat, cover and leave to sit for about 15 mins. The water should have been absorbed.

2 Fork the grains to separate and aerate them, then add the tomatoes, walnuts, pomegranate seeds and herbs and fork them through. Mix the lemon juice, extra virgin olive oil and pomegranate molasses in a small bowl. Add three quarters of this, then taste to see if it needs any more (if it seems well flavoured and moist enough, then leave it).

3 The kisir can sit at room temperature for a few hours, or covered in the fridge – but let it come to room temperature before serving.

GOOD TO KNOW healthy • vegan • vit c • 1 of 5-a-day
PER SERVING (6) 371 kcals • fat 19g • saturates 3g • carbs 40g • sugars 9g • fibre 5g • protein 7g • salt 0.2g





Baked cardamom-scented rice pudding with oranges in honey & pomegranate syrup

When they're in season, this looks beautiful made with blood oranges. Slivers of date can be added to the compote, if you like.

SERVES 4-6 **PREP** 10 mins
COOK 2 hrs 30 mins **EASY** V

50g butter, plus more for the dish
50g caster sugar
1 cardamom pod, seeds removed and ground
100g pudding rice
1 litre whole milk
150ml double cream
1 unwaxed orange, zested
¼ tsp vanilla extract

For the compote

2 large oranges, juiced and 2 broad strips of orange zest
200ml pomegranate juice
1 tbsp pomegranate molasses
5 tbsp honey
75g granulated sugar
4-5 oranges (a mixture of regular and blood; if mostly blood oranges, you will need 5, as they're smaller)

1 Heat the oven to 150C/130C fan/gas 2 and butter a wide 1.5-litre ovenproof baking dish. Put the butter, sugar, cardamom, pudding rice and milk in a saucepan and bring gently to the boil, stirring to help the sugar dissolve. Add the cream, a pinch of salt, orange zest and vanilla and bring to a simmer. Simmer for about 4 mins, stirring, until you can feel that the rice grains have become slightly swollen. Pour into the buttered baking dish and bake for 2 hrs, uncovered. The rice should be cooked but not dry or sticky. It might need a little longer, but keep an eye on it.

2 Meanwhile, make the compote. Heat the orange juice, pomegranate juice, molasses, honey and sugar, stirring to help the sugar dissolve. Simmer for 8 mins until reduced slighty. Transfer to a jug. If you have more than 300ml, reduce it by boiling a bit more. The mixture will thicken as it cools. Strain, cover and chill in the fridge.

3 Cut the top and bottom off the oranges to form a flat base. Using a sharp serrated knife, cut away the pith and peel. Cut the fruit into slices, catching any juice if you can (add it to the syrup). Put the oranges in a bowl, pour on the syrup and serve with the rice pudding.

GOOD TO KNOW calcium • vit c • 1 of 5-a-day • gluten free
PER SERVING (6) 554 kcals • fat 27g • saturates 17g • carbs 69g • sugars 55g • fibre 2g • protein 8g • salt 0.5g

Shoot director GARETH JONES | Food stylist ELLIE JARVIS | Stylist JENNY IGGLEDEN

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Ramadan is about being compassionate, appreciative and thankful. This year, Ramadan with Marriott wants to hear from their guests on the true meaning of Ramadan, while creating the most memorable moments for them. Marriott International in the UAE have thus brought a select few of locally relevant food influencers as well as acclaimed chefs together from different Arabic countries, to share their Ramadan traditions and favourite Ramadan memories from their childhood days.

Visit Ramadanwithmarriott.com to discover the influencers' favourite Ramadan memories, and for more information about 2-for-1 offers and group deals at more than 20 participating venues.

Incredible 2 for 1 offers on Iftar, and 8 + 2 free on Iftar and Suhoor, at the below venues



THE RITZ-CARLTON, DUBAI

The 17-year legacy of the authentic Arabic restaurant, Amaseena, is expressed beautifully at The Ritz-Carlton, Dubai with the enchanting Amaseena Majlis. Experience sumptuous flavours while Arabesque aesthetics set the mood for generosity and sharing, all through the Holy Month of Ramadan. Blending traditional Arabic essences with contemporary refinement, Amaseena Majlis transforms the elegant Lou Lou'A Ballroom into an exquisite setting that will be serving both Iftar and Suhoor during this special time of year. The meticulously designed interior takes inspiration from the seafaring heritage of the region, along with the resort's location on the Arabian Gulf.

Location: The Ritz Carlton, Dubai, The Walk JBR, Amaseena Majlis - Lou' Lou'A Ballroom

Timing: Iftar – sunset to 8.30pm; Suhour 10pm to 2am for adults only.

Prices:

- Iftar - AED 205 per person inclusive of Ramadan juices and water
- Groups of 10 or more can avail an exclusive rate starting from AED 195 per person
- Children below 5 dine with compliments, while 6 to 12 dine at 50%
- Suhoor – A la carte menu, adults only.

RENAISSANCE DOWNTOWN HOTEL, DUBAI



Rediscover the Meaning of Ramadan with Renaissance Downtown Hotel, Dubai. BHAR will be hosting a buffet style Iftar daily from sunset until 9pm, to allow families and friends to come together to celebrate the meaningful traditions of the Holy Month. Continue the celebration with loved ones from 9pm until 1am by savouring Suhoor with BHAR's A La Carte menu that features a variety of Middle Eastern favourites.

Location: Bhar

Timing: Iftar – sunset to 9pm; Suhour – 9pm to 1am.

Prices: a la carte

SHERATON GRAND HOTEL, DUBAI



In the spirit of Ramadan, the culinary team of Feast awaits you and your companions with a lavish Iftar across seven live cooking stations offering signature dishes, authentic Arabian cuisine and traditional Ramadan beverages. Delight in the lively setting and delicious treats for a true Ramadan experience.

Location: Feast

Timing: From sunset to 11pm

Price: AED195 per person

COURTYARD BY MARRIOTT DUBAI, GREEN COMMUNITY



Join for a family-style Iftar at SOBO. This Ramadan, SOBO will be offering a plated Iftar served to the table. There will be a selection of hot and cold mezze, soup, grill meat and fish platter, Arabic rice and trio of desserts.

Location: Sobo

Timing: Available daily at sunset until 9pm.

Prices: AED 125 per person, AED 60 per child. **SHERATON**

SHARJAH BEACH RESORT & SPA



Enjoy a lavish Iftar Buffet in the Grand Ballroom decorated in style to mark the Holy Month including live-cooking stations and grand dessert buffet.

Location: Grand Ballroom.

Price: Iftar Buffet – AED 125

ALOFT CITY CENTRE DEIRA, DUBAI



Enjoy an authentic Ramadan experience with great views of the Dubai Creek and the glittering Dubai skyline. Dwell into a delicious array of Iftar buffet at The Canteen with various dishes inspired by Middle Eastern cuisines such as Slow-Roasted Lamb Ouzi with oriental rice along with refreshing Ramadan-inspired beverages like Jallab and coffees and teas.

Location: The Canteen

Timing: Daily, sunset till 9 PM

Price: Iftar buffet for AED 149 per adult, 50% off for children between 6 and 12 years old, and free for kids under the age of 6 years old (per paying adult)

THE RITZ-CARLTON ABU DHABI, GRAND CANAL



Opening its door at sunset, the Iftar buffet at Giornotte features Arabian family recipes, delicious Ramadan beverages and live cooking stations that ensure the entire family enjoys together. A traditional Qanun player sets an authentic Arabian ambiance.

Location: Giornotte Restaurant

Timing: Daily, sunset to 9pm.

Prices: AED 235 net per person.

MARRIOTT HOTEL AL FORSAN, ABU DHABI



Marriott Hotel Al Forsan, Abu Dhabi invites you to enjoy a collection of Iftars and Suhoors, including Al Khayal Tent, the ultimate setting for this season's gatherings. Break your fast in the stylish surroundings where a lavish Iftar buffet and delicious Suhoor await you, along with live entertainment offering a true Ramadan experience at Al Khayal tent.

Prices and timings:

- Iftar AED 210 per person for buffet. Sunset to 8:30pm.
- AED 90 per child for Iftar, aged 6 to 12 years.
- Suhoor buffet is priced at AED 99 from 9.30pm to 1.30am.

FOUR POINTS BY SHERATON SHARJAH



Gather for Iftar at the newest place in town, the Four Points by Sheraton Sharjah. Yasmina Restaurant turns into a Spice Market concept serving Ramadan classics and a rich buffet.

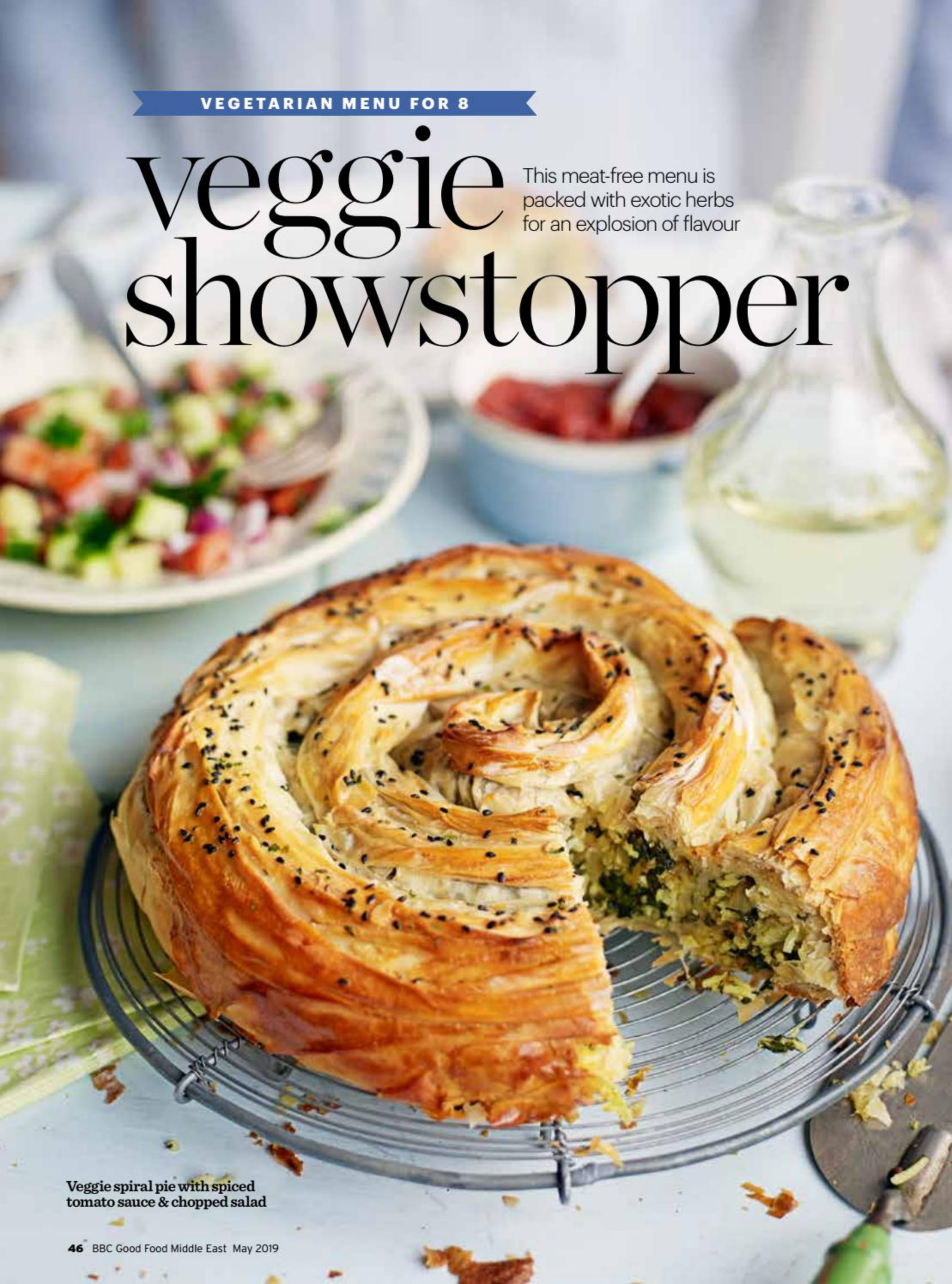
Location: Yasmina

Price: Iftar Buffet – AED 99 per person

VEGETARIAN MENU FOR 8

veggie showstopper

This meat-free menu is packed with exotic herbs for an explosion of flavour



Veggie spiral pie with spiced tomato sauce & chopped salad



Luxury hummus

VEGETARIAN

MENU

Luxury hummus

Veggie spiral pie with spiced tomato sauce & chopped salad

Rhubarb ripple semifreddo

Luxury hummus

Use good-quality chickpeas to give this vegan hummus a really silky feel. Dips make perfect, easy party food to serve with crudités and warm pittas.

SERVES 8 **PREP** 20 mins
COOK 5 mins **EASY** V

700g chickpeas, drained
135ml extra virgin olive oil, plus extra for drizzling
2 garlic cloves, roughly chopped
1 tbsp tahini
1½ lemons, juiced
For the toppings
½ tsp smoked paprika
½ tsp sumac
½ small pack parsley, roughly chopped
40g pomegranate seeds
crudités or warm pittas, to serve

1 Blitz ¾ of the chickpeas and 120ml of the oil with the rest of the hummus ingredients and a good amount of seasoning using a food processor. Add a little water if it is too thick. Spoon the hummus into a serving bowl or spread it onto a plate. *Can be made up to two days in advance and kept in the fridge.*
2 Dry the rest of the chickpeas on kitchen paper as much as possible. Heat the remaining oil in a frying pan over a medium heat. Add the chickpeas and a large pinch of salt, and fry until golden, around 4 mins. Drain on kitchen paper.
3 Drizzle some oil over the hummus, then sprinkle with the spices, parsley and pomegranate seeds. Scatter the fried chickpeas on top and serve with crudités or warm pittas.

GOOD TO KNOW vegan • 1 of 5-a-day
PER SERVING 242 kcals • fat 20g • saturates 3g • carbs 10g • sugars 1g • fibre 4g • protein 5g • salt 0.4g

Veggie spiral pie with spiced tomato sauce & chopped salad

A savoury twist on Moroccan m'hanncha, meaning 'snake', because it's coiled.

SERVES 8-10 **PREP** 50 mins **COOK** 1 hr 30 mins plus cooling **A CHALLENGE** V

1 tbsp cumin seeds
1 tbsp coriander seeds
3 tbsp olive or rapeseed oil
2 onions, halved and thinly sliced
100g green lentils
300g basmati rice
4 garlic cloves, crushed
1 whole nutmeg, for grating
½ tsp ground turmeric
½ tsp allspice
400g spinach
small bunch dill, finely chopped
small bunch parsley, finely chopped
small bunch mint, finely chopped
2 lemons zested, 1 juiced
200g feta (check the label if vegetarian)
2 x 270g packs filo pastry (12 sheets in total)
100g butter, melted
1 egg, beaten
1 tsp black or regular sesame seeds
Greek yogurt, to serve
For the tomato sauce
2 x 400g cans chopped tomatoes
1 tbsp red wine vinegar
2 tsp sugar (any will do)
1 tsp ground cinnamon
2 tbsp olive oil
For the salad
1 cucumber
1 onion, finely chopped
2 large tomatoes, finely chopped
handful parsley, chopped
1 tbsp red wine vinegar
2 tbsp extra virgin olive oil

1 Heat a large saucepan, tip in the cumin and coriander seeds and toast for a few mins until fragrant and they turn a shade darker, then grind to a fine powder using a pestle and mortar. Add the oil to the pan, then tip in the onions and cook slowly until golden and caramelised, around 15-20 mins. Meanwhile, bring two pans of water to the boil. Add the lentils to one and cook for 20 mins. Put the rice and a pinch of salt in the other and cook for 5 mins. Drain both pans, and leave the lentils and rice to steam-dry.
2 Stir the garlic into the onions and cook for 1-2 mins over a low heat. Add the ground spices to the onion mixture. Grate half of the nutmeg and add to the onions with the turmeric and allspice.
3 Put the spinach in a colander in the sink, pour over a kettle of boiling water, then rinse under cold water. Use your hands to squeeze out as much liquid as possible. Finely chop the spinach and add to the onions with the herbs, lemon zest and juice and the rice, lentils and plenty of seasoning. Leave to cool. Crumble the feta, then stir it through the mix.
4 To assemble the pie, you'll need about 1 metre of space on your worktop. Unwrap the filo and cover with a damp tea towel. Have your bowls of melted butter and beaten egg to hand, as well as a pastry brush for each. Working quickly, lay 4 sheets of filo end to end, running along the length of your work surface, and butter each piece generously, overlapping each sheet by about 10cm. Top with another 4 sheets, butter well, then repeat with 3 final sheets of filo (save the last one to cover any cracks later on).
5 Spoon the rice filling down the centre of the filo, leaving 5cm free on either end. Brush the egg around the edges and tuck the ends in to cover the filling. Starting from one end, roll the filo over the filling, working your way along until you have a long filo sausage. From one end, start to coil the sausage back on itself – if the pastry cracks, patch over the hole with your reserved piece of filo. When the coil is complete, slide onto a tray lined with baking parchment, brush the top with beaten egg and sprinkle over the sesame seeds. You can now cover it loosely and chill for up to 24 hrs.
6 Heat oven to 200C/180C fan/gas 6. Place the pie on the middle shelf and bake for 45 mins until golden and crisp. Meanwhile, tip all the ingredients for the tomato sauce into a pan, season and bubble for 30 mins until rich and thick.
7 For the salad, halve the cucumber through the centre, then cut in half lengthways and chop into small cubes. Put in a bowl, add the remaining ingredients and season well.
8 Remove the pie from the oven and leave to cool for at least 20 mins before serving with the tomato sauce, salad and a bowl of plain yogurt, if you like.

GOOD TO KNOW calcium • folate • fibre • vit c • iron
PER SERVING 545 kcals • fat 24g • saturates 10g • carbs 63g • sugars 9g • fibre 6g • protein 17g • salt 1.6g

Rhubarb ripple semifreddo

Make the most of seasonal rhubarb in this make-ahead dinner party dessert.

SERVES 8-10 **PREP** 20 mins
COOK 15 mins plus about 3 hrs freezing **MORE EFFORT** V

200g rhubarb, chopped
100g caster sugar
3 tbsp ginger cordial
4 eggs, separated
100g icing sugar
300ml double cream
50g ready-made meringues, broken into pieces
25g crystallised ginger, to serve

1 Line a 900g loaf tin with baking parchment. Put the rhubarb in a medium-sized saucepan with the caster sugar, cordial and 2 tbsp water. Heat gently until the sugar has dissolved, then simmer for 10-15 mins or until the rhubarb is soft but holds its shape. Pour into a heatproof jug and leave to cool.
2 Whisk the egg whites in a bowl until stiff. In another bowl, whisk the yolks with the icing sugar until they're pale and starting to thicken. In a third bowl, whip the cream until thick. Fold the yolk mixture into the whipped cream until well combined, then fold in the egg whites and half the meringue pieces.
3 Gently spoon a third of the cream mixture into the prepared tin and freeze for 20-30 mins or until just set (keep the rest of it in the fridge). Once set, take the tin out of the freezer and pour in half the cooked rhubarb. Reserve a little for decorating later, if you like. Top with another third of the cream mixture and return to the freezer for another 30 mins. Once set, add the other half of rhubarb, followed by a final layer of cream. Cover and put it back in the freezer for 2 hrs to firm up.
4 Turn out onto a serving plate and peel away the parchment. Decorate with any rhubarb you may have reserved, the remaining meringue and crystallised ginger.

GOOD TO KNOW gluten free
PER SERVING 286 kcal • fat 18g • saturates 11g • carbs 26g • sugars 26g • fibre none • protein 3g • salt 0.1g

TOM KERRIDGE

Piri-piri at home

Tom Kerridge is on a mission to get the nation cooking again, and here he shows homemade is best when it comes to spiced chicken

photographs SAM STOWELL

Piri-piri chicken has to be one of my favourite dishes available in chain restaurants, but cooking it at home puts you in control of the quality of the ingredients. Chicken on its own is a bit bland, which is why it's such a good vehicle for other flavours, and the great thing about piri-piri is that it doesn't have to be hot if you don't want it to be – even if you leave out the chillies, it still has loads of punch from its sweet and sour balance. ***Tom***



Good Food contributing editor Tom Kerridge is a BBC presenter and chef-owner of The Hand & Flowers, The Coach and The Butcher's Tap in Marlow, and Kerridge's Bar & Grill at The Corinthia Hotel, London. His latest book, *Tom Kerridge's Fresh Start* (Dhs120, Bloomsbury), is out now. For more of Tom's recipes, see *bbcgoodfoodme.com*.
@ChefTomKerridge

Maple-glazed hot wings

Chilli & mint peas

Piri-piri chicken

PIRI-PIRI FEAST MENU

FOR 6-8

Maple-glazed hot wings

Piri-piri chicken

Chilli & mint peas

Frozen tropical fruit yogurt

Maple-glazed hot wings

Everyone loves chicken wings either on their own or as part of a big barbecue. The maple and butter glaze adds extra succulence.

SERVES 4 PREP 20 mins
COOK 1 hr 10 mins EASY

1kg chicken wings
a little oil, for the tray
For the rub
½ tsp each ground cumin, ground black pepper, ground coriander
1 tsp dark brown soft sugar
1 tsp garlic powder
2½ tsp smoked paprika
½ tsp dried oregano, dried thyme
For the glaze
75g butter
75g cider vinegar
75ml hot sauce
50ml maple syrup

1 To make the rub, mix together all the ingredients in a large bowl with a large pinch of salt. Add the chicken wings and toss to coat in the spices. If you've got time, chill and marinate for up to 24 hrs.
2 Heat oven to 180C/160C fan/gas 4. Lightly oil a baking tray, transfer the wings to the tray and roast for 40-45 mins until they are cooked through. Turn the oven up to 220C/200C fan/gas 7 and roast for a further 10 mins until golden brown and crispy.
3 Meanwhile, make the glaze by heating the butter, vinegar, hot sauce and maple syrup in a small saucepan. Bring to the boil over a high heat, then reduce the heat and simmer gently for 5 mins or until the glaze has thickened. Remove the wings from the oven and while they are still hot, pour over the glaze and carefully mix using a spoon to roll and coat them evenly. They should be nice and glossy. Serve with your favourite dip.

PER SERVING 430 kcals • fat 33g • saturates 14g • carbs 10g • sugars 9g • fibre 1g • protein 24g • salt 1.4g

Piri-piri chicken

I've roasted this chicken but it would also be delicious spatchcocked and barbecued, or barbecued sitting on a beer can (see bbcgoodfood.com *for how to do this). I've made the marinade extra hot, but adjust the amount of chillies according to your tolerence.*

SERVES 4-6 PREP 15 mins plus at least 4 hrs marinating COOK 1 hr 40 mins plus 30 mins resting EASY

1 chicken, about 2kg
For the piri-piri marinade
2 dried hot chillies
100ml red wine vinegar
6 red chillies
6 garlic cloves
2 tsp smoked paprika
1 tsp each dried oregano, dried thyme, golden caster sugar
2 lemons, juiced

1 To make the marinade, tip the dried chillies and the vinegar into a pan and bring to the boil. Remove from the heat and leave the chillies to soak until the vinegar is cold. Put the red chillies, garlic, soaked dried chillies and vinegar in a food processor and blitz. Add the smoked paprika, oregano, thyme, sugar, a pinch of salt and the lemon juice. Blitz again to a paste and set aside.
2 Sit the chicken in a shallow dish and use a small knife to score all over with cuts 1cm deep. Make sure you do the legs and the underside. Tip the marinade over the chicken and massage into the cuts. Cover and chill for at least 4 hrs, but overnight would be better.
3 When you're ready to cook, heat oven to 180C/160C fan/gas 4. Roast the chicken for 1 hr, then turn the heat up to 220C/200C fan/gas 7 and cook for a further 30-35 mins until a crust has formed on the outside of the chicken.
4 Remove from the oven and leave to rest for 30 mins. Serve with homemade wedges or jacket potatoes, coleslaw, some buttered corn cobs and chilli & mint peas (right).

GOOD TO KNOW gluten free
PER SERVING (6) 353 kcals • fat 20g • saturates 5g • carbs 2g • sugars 1g • fibre 1g • protein 42g • salt 0.3g

Chilli & mint peas

This is a great way of adding loads of flavour to frozen peas.

SERVES 6 PREP 5 mins
COOK 5 mins EASY V

50g soft butter
1 shallot, chopped
1 garlic clove, grated
1 red chilli, sliced
400g frozen peas, defrosted
small handful mint, leaves roughly chopped
3 pork scratchings, crushed, to serve (optional, don't use if you want this to be veggie or gluten free)

Heat the butter in a small frying pan, once bubbling, add the shallot and fry for 1 min. Add the garlic and chilli and cook for 1 min more, then tip in the peas and reheat. Take off the heat and stir in the mint, season and serve. Sprinkle over the pork scratchings, if using – they add a nice crunchy texture.

GOOD TO KNOW 1 of 5-a-day • gluten free
PER SERVING 118 kcals • fat 7g • saturates 4g • carbs 7g • sugars 4g • fibre 4g • protein 4g • salt 0.1g

Frozen tropical fruit yogurt

This recipe is genius – as if by magic, the frozen fruit freezes the yogurt when blended together. Make sure you use a food processor, not a blender, as a blender is too tall for this.

SERVES 6 PREP 15 mins
NO COOK EASY V

480g frozen tropical fruit mix
170g Greek yogurt
2 tbsp maple syrup or honey
200g diced tropical fruit and passion fruit seeds, to serve

Put everything except the fresh fruit in a food processor and blend. Scoop straight into bowls, or tip into a container and freeze if you want to serve it later. Serve with the fresh tropical fruit and spoon over the passion fruit seeds.

GOOD TO KNOW low cal • low fat • 1 of 5-a-day • gluten free
PER SERVING 98 kcals • fat 3g • saturates 2g • carbs 15g • sugars 14g • fibre 1g • protein 2g • salt 0.1g

Shoot director RACHEL BAYLY | Food stylist ELLIE JARVIS | Stylist JENNY IGGLEDEN

STAR INGREDIENT

A TASTE OF HONEY

Transform your cooking with a drizzle of this golden nectar – its floral complexity and intense sticky sweetness works in so many dishes

recipes ANNA GLOVER ***photographs*** SAM STOWELL

Most people have a jar of honey in the cupboard but it's typically just used to drizzle over porridge or stirred into hot water with lemon and ginger. I love cooking with honey to make the most of its floral notes, which add an extra dimension of flavour to cakes, or to harness that sweetness to cut through dishes that contain cheese or spices.

Drizzled over fruit before roasting, it creates a caramelised finish that's perfect for summery desserts. Impress dinner guests by pairing it with apricots in a cheesecake; the subtle fragrance of the fruit is beautifully complemented by the honey, and you can also use this method with figs, nectarines, or rhubarb. I often swirl a little honey through yogurt with toasted nuts and fruit as an instant dessert or breakfast.

It can transform savoury dishes, too. Enhance salad dressings with just a teaspoon of honey, mix it with soy sauce for an instant glaze to complement meat, fish and vegetables, or whisk it with olive oil and tip over carrots, parsnips or beetroot before roasting to emphasise the natural sweetness of the veg. Honeyed chorizo is a great tapas dish as well. Simply toss sliced chorizo in honey and roast for a few minutes until sticky and glazed.

Of course, honey is also a handy storecupboard ingredient for bakers. Try making the drizzle cake on page 58, inspired by a classic Jamaican ginger cake, except here the lightly spiced sponge is finished with a sheen of buttery honey. You can store it in an airtight tin for up to three days – if you can resist eating it all before then!

Health benefits have been widely claimed for honey, too, including natural antibacterial properties that are good for sore throats. There are many different types of honey, ranging from clear and golden to thickly set and opaque, each with its own unique qualities. Still, it's the flavour I love along with the viscosity, making everything it touches indulgently sticky. Generally, the higher the fructose content, the clearer and runnier it will be. Even so, it can crystallise very quickly, but a short blast in the microwave, or just standing the jar in hot water will melt it again.

It's worth noting that single origin honeys have more prominent flavours because the bees take nectar from a single type of flower – such as orange blossom, heather or thyme – which is distinct in the final product. Most honey is made from a wide variety of flowering plants (described as polyfloral).



Yogurt cheesecake with honey-roasted apricots, p58


Honeyed chorizo &
manchego salad, p58



Spiced honey drizzle cake, p58

Yogurt cheesecake with honey-roasted apricots

This method works well with any soft fruit or rhubarb. Roast until tender to intensify the flavours.

SERVES 12 PREP 5 mins plus at least 4 hrs 10 mins chilling
COOK 25 mins EASY V

75g salted butter, melted, plus extra for the tin
200g custard cream biscuits
250ml double cream
150g full-fat Greek yogurt
500g full-fat soft cheese
3 tbsp runny honey
1 tbsp vanilla bean paste
For the apricots
6 ripe apricots, halved and pitted (about 240g)
50g runny honey, plus 2 tbsp to serve
1 small orange, zest pared into strips
½ vanilla pod, halved lengthways

1 Butter the base of a 23cm springform tin and line with a circle of baking parchment. Blitz the biscuits to fine crumbs in a food processor, then tip into a bowl and mix with the butter. Pack the mixture into the base of the tin and chill for 10 mins.
2 Whip the double cream to soft peaks. In a separate bowl, whisk together the yogurt, soft cheese, honey and vanilla until smooth. Fold in the cream and spoon over the base. Smooth over the top with a spatula and cover. Chill for at least 4 hrs or overnight.
3 Heat oven to 200C/180C fan/gas 6. Toss the apricots with the 50g honey, the orange zest and vanilla on a baking tray. Roast on the middle shelf for 20-25 mins until the apricots are tender but still hold their shape. Toss everything halfway through, adding 1 tbsp water if the honey starts to catch. Leave to cool, discarding the orange and vanilla pod.
4 Use a knife to release the sides of the cheesecake and remove from the tin. Spoon over the apricots along with the roasting juices. Drizzle extra honey over the top, allowing it to run down the sides.

PER SERVING 390 kcals • fat 31g • saturates 20g • carbs 23g • sugars 15g • fibre 1g • protein 4g • salt 0.5g

Honeyed chorizo & manchego salad

Try this salad for the perfect balance of sweet, salty, spicy and savoury. Honeyed chorizo works well in toasties, on pizza or in this simple salad paired with cheese.

SERVES 4 PREP 15 mins
COOK 15 mins EASY

300g firm cooking chorizo, cut into chunks or slices
2 garlic cloves, sliced
3 tbsp runny honey, plus extra for drizzling
2 tbsp pumpkin seeds
2 tbsp sherry vinegar
1 tbsp Dijon mustard
1 tbsp wholegrain mustard
4 tbsp extra virgin olive oil
1 small head radicchio, torn into bite-sized pieces
50g baby leaf salad
100g manchego, rind removed and thinly sliced into shards

1 Put the chorizo in a cold frying pan and place on a medium heat. Cook for 5-10 mins until golden and crisp, stirring frequently in the oil that is released. Add the garlic, fry for another minute. Stir in 2 tbsp honey and the pumpkin seeds. Cook for a minute more, then remove from the heat.
2 Whisk the remaining 1 tbsp honey, sherry vinegar and mustards in a large bowl, then season. Slowly drizzle in the olive oil, whisking all the time, until emulsified and thick.
3 Toss the dressing through the salad leaves in a bowl, making sure the leaves are well coated. Divide between four plates. Top with the manchego shards, the crisp chorizo and pumpkin seeds, then drizzle over the honeyed chorizo oil from the pan. Drizzle over a little more honey to serve, if you like.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 639 kcals • fat 49g • saturates 17g • carbs 17g • sugars 13g • fibre 2g • protein 28g • salt 3.7g

Spiced honey drizzle cake

SERVES 8 PREP 15 mins plus cooling
COOK 45 mins EASY V
❄ before glazing

100g salted butter, plus extra for the tin
100g light brown soft sugar
100g runny honey
1 large egg
100ml milk
1 tsp mixed spice
½ tsp ground ginger
150g self-raising flour
For the glaze
25g salted butter
25g runny honey

1 Heat oven to 180C/160C fan/gas 4. Butter and line a 900g loaf tin with baking parchment. Beat the butter and sugar with an electric whisk until creamy. Whisk in the honey, egg, milk, spices and a pinch of salt (don't worry if it curdles slightly, it will become a loose batter), then fold in the flour.
2 Tip into the prepared loaf tin and bake for 45 mins until a skewer inserted in the middle comes out clean. Leave the cake to cool for 10 mins, then transfer to a wire rack to cool completely.
3 For the glaze, melt the butter and honey in a small pan until smooth. Leave to cool until thickened, then drizzle over the top of the cooled cake. Leave to set before serving.

PER SERVING 298 kcals • fat 14g • saturates 9g • carbs 38g • sugars 24g • fibre 1g • protein 3g • salt 0.5g

Background GETTY IMAGES | Shoot director RACHEL BAYLY
Food stylist ELLIE JARVIS | Stylist POLLY WEBB-WILSON







A magical Ramadan

Authentic Arabian luxury and perfected flavours of ancient Islamic culture await at Fairmont Bab Al Bahr's Al Andalus Tent this Ramadan for Iftar and Suhoor

With authentic Arabian luxury and decor, guests at Al Andalus Tent will be magically immersed in the flavours of ancient Islamic culture touched with Andalusian influences this Ramdan at Fairmont Bab Al Bahr. With a stunning entrance complemented by luscious materials and intricate design, the Al Andalus Tent can comfortably accommodate over 500 guests.

Some amazing features include an exclusive dedicated ladies area, Majlis lounge each capable of holding up to ten people all with TV screens. Al Andalus tent is located on the Falcon Lawn on the edge of Abu Dhabi creek with breath-taking views of the Sheikh Zayed Mosque.

The Iftar will feature live cooking stations including a whole lamb carving and Ouzi stations, a spectacular buffet featuring a selection of barbecued meats and seafood. Guests can indulge in the true flavours of Arabia with authentic dishes such as hot and cold Mezzeh, freshly baked Arabic bread, Manakish, succulent Shawarma rolled in Saj bread, and a selection of Arabic soups.

A dedicated Emirati cuisine station will offer local tastes including Thareed, Harees, and Machboos. Guests can sip on a selection of Ramadan drinks and Arabic coffees while choosing from a range of premium dates and Western sweets including Kunafa station and ice creams.

The details

- Iftar will take place daily throughout Ramadan from sunset to 9pm, priced at Dhs235 per peson for Iftar buffet. Free for children 5 years and below.
- Suhoor will take place daily throughout Ramadan from 10pm – 3am (until 3.30am on weekends). Prices start at Dhs45 per person for Suhoor a la carte menu.
- A live oud player will serenade diners throughout the evening.

For reservations or more information: Call: +971 2 654 3238 | Visit: fairmont.com/babalbahr



THE TERRACE
on the corniche

Exquisite Iftar

Daily from Sunset to 9:30pm

There is no better time than the Holy Month of Ramadan to gather the whole family and friends to experience the full spectrum of The St. Regis Abu Dhabi's hospitality while getting immersed in regional traditions. Break the fast with a sumptuous Iftar buffet at The Terrace on the Corniche that takes you on a culinary voyage of discovery across the region, with live cooking stations, authentic dishes and traditional flavors emblematic to the Holy Month.

AED 235* per person

The Terrace on the Corniche
The St. Regis Abu Dhabi Nation Towers, Corniche, Abu Dhabi, UAE
02 694 4553 | restaurants.abudhabi@stregis.com | theterraceonthecorniche.com

ST REGIS
ABU DHABI

health

Delicious recipes and top tips for staying in shape



batch cooking

- fast falafel, page 64

- Health news, page 62

health news

Health news covering everything from ingredients and dishes to advice and new products and restaurants to try



New healthy dishes at NARA

Pan Asian restaurant NARA, in JLT Dubai has launched a new menu with new vegan, vegetarian, and gluten-free dishes. The 16 new additions are a spin on the restaurant's classic menu favourites, including highlights like soy and ginger steamed fish, veg tempura sushi with crispy spinach, kung pao lentils, seared tuna, crystal vegetable dumplings and NARA's version of vegetarian and chicken soup noodles.

"The new menu has been curated to take into account NARA's popularity amongst vegetarians and to promote simple yet healthy dishes with Asian flavours such as the kung pao lentils, soy and ginger steamed fish and miso cod, which all flow with the current dining trend in the UAE," explains Founder of NARA Pan Asian, Anand Radia. "The highlight of this menu is not only its innovative use of more greens and fresh flavours, but also its commitment to encouraging healthy eating habits and responding to the growing trends and demands of our diners." Call 04-4211356 or e-mail reservations@naradxb.com.

Staying hydrated when flying



Are you a frequent flyer, or suffer from jet lag? A new anti-dehydration product has launched in the UAE called ElectroFlytes – a new formula that combats the negative physical effects of long-haul flying including insomnia, fatigue and nausea.

ElectroFlytes is an all-natural liquid electrolyte concentrate, specifically designed for frequent flyers, that helps the body minimise dehydration and boost the immune system even on long flights.

ElectroFlytes works by providing the body with the right balance of electrolytes, ensuring it 'manages' your fluid intake correctly and remains fully hydrated, especially during flying. The liquid form which comes in an easily transportable bottle and contains no calories, flavourings or sweeteners, can be taken before, during and after flying by adding a few drops into any drink including juice, tea and coffee, immediately turning it into a highly effective hydration solution.

ElectroFlytes contains four key electrolytes (sodium, potassium, magnesium and chloride) plus 72 trace minerals in an ionic form, meaning that the minerals get to work hydrating the body much quicker and deeper at a cellular level. As a key ingredient of ElectroFlytes, magnesium is responsible for more than 300 biochemical reactions in the body, playing an important role in muscle and nerve function, blood glucose control and blood pressure regulation, thus helping to reduce tiredness and fatigue.

ElectroFlytes can be ordered online at electroflytes.com and souquae.com priced at Dhs75 for a 25ml bottle.

M&S launches vegan-friendly range



Marks & Spencer has launched a new range at its food stores in the UAE that's vegan-friendly. The Plant Kitchen range, which is available in stores now, features a brand-new selection of delicious meat and dairy-free plant based fresh meals, salads and snacks, using plant proteins. The range includes everything from favourite comfort food such as crispy cauliflower popcorn with a spicy buffalo dip and a flavourful mushroom pie, to healthy meals like the Asian super grains bowl and a roasted vegetable & avocado sandwich, packed with nutritious ingredients and high in plant protein. Visit marksandspencer.com/M&S/UAE.

Text SOPHIE VOELZING | Photographs SUPPLIED

RAMADAN HEALTH TIPS



We hear top tips for staying healthy while fasting during the holy month from Kcal's Nutrition Director, Lauren Jacobson

Have a healthy and filling Suhoor – your Suhoor meal should contain complex carbs including whole grains and a protein source which are slower digesting and can help keep energy levels maintained for longer.

Avoid simple sugars – limit the amount of food you eat that contains refined sugar and flour. These foods can raise blood sugar levels quickly, which will give you a temporary energy boost – because remember, this will be quickly followed by an energy crash.

Eat protein – eat protein with both Suhoor and Iftar as it delays hunger, provides energy and helps maintain lean muscle. It takes more time to break down in the body than carbs and provides a longer-lasting energy source.

Avoid fried foods – fried foods are wasted calories so opt for healthy fats in your Ramadan meals. These not only provide longer lasting energy, but including them in your diet can also slow digestion of other foods, keeping you fuller for longer.

Drink plenty of water – sfter breaking your fast, make sure you keep drinking water regularly to compensate for the hydration you didn't get while fasting. Choose foods that are rich in water, like cucumbers, leafy greens, watermelon and tomatoes to help hydrate faster.

Limit your caffeine – fasting causes dehydration, so during the month of Ramadan it is good to consider limiting or even taking a break from drinking caffeinated beverages such as coffee or tea as it will increase water loss in the body.

Get 15% off Kcal Extra meal plans this Ramadan

Kcal Extra have designed a Ramadan meal plan that can be tailored for Iftar and Suhour, including slow energy releasing foods. During the holy month, Kcal is offering a 15% discount on this meal plan which will be priced at Dhs2,635 (usually Dhs3,100). The plan includes four-weeks of healthy food made up of three meals and two snacks a day – the food options change daily.

A typical day includes dates, herbed hashbrowns or a falafel loaf to break fast with, plus a soup option before a main meal of chicken with spiced rice, kousa bil laban or zaatar baked salmon. For the sweet toothed, there's saffron carrot halwa, apple walnut crumble or ruz bil haleeb.

A daily delivery will be made to homes and offices across the UAE to ensure freshness. Visit kcalextra.com.





Wellness staycation deal at Rixos Premium Dubai

Rixos Premium Dubai has launched a new 'Wellness Staycation' package that invites guests to partake in a revitalising wellness journey at the urban lifestyle resort, located on Jumeirah Beach Residence.

With packages starting from Dhs900 per night, the Wellness Staycation experience includes a wholesome in-room breakfast, ensuring guests kick off their day with an energizing nutritious start. Offering a variety of hearty options ranging from egg white omelettes filled with freshly chopped vegetables to creamy yoghurt bowls topped with fresh berries and shooter muesli oats, guests build up the stamina to partake in the inclusive one-hour personal fitness training session at bright RixGym fitness centre, overlooking the Arabian Gulf. The Wellness Staycation also invites guests to unwind at the Natureland Spa with a signature 60-minute Royal Ottoman Hammam or 60-minute Signature Massage. A minimum of a two-night stay is required. Visit premiumdubai.rixos.com.

batch cooking

fast falafel

Make one batch of healthy baked falafels and cauliflower tabbouleh, then jazz up your lunches with these quick and easy twists

recipes SOPHIE GODWIN ***photographs*** ROB STREETER



Avocado, pea & feta smash

Lightly pickled carrot, cucumber & chilli salad



make your falafel

Baked falafel & cauliflower tabbouleh

VEGAN · 2 OF 5-A-DAY · LOW CAL

SERVES 6 **PREP** 30 mins **COOK** 20 mins **EASY** V

- 3 x 400g cans chickpeas, drained (or 250g dried chickpeas, soaked in 1 litre cold water overnight, then drained)
- 3 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp cayenne pepper
- 1 red onion, quartered
- 3 garlic cloves
- 2 tbsp sesame seeds
- 1½ tsp baking powder (gluten-free, if you like)
- 2 small packs parsley, stalks and leaves separated, leaves chopped
- 4 tbsp olive oil
- 1 cauliflower, cut into large florets
- 1 small pack mint, leaves chopped and stalks discarded
- 1 lemon, juiced

1 Heat oven to 200C/180C fan/gas 6 and line two baking sheets with baking parchment. Tip the chickpeas, 2 tsp of the ground cumin, 1 tsp of the ground coriander, the cayenne pepper, onion, garlic, sesame seeds, baking powder, parsley stalks and 1 tbsp water into a food processor. Blitz until combined but not smooth (you want the falafel to have some texture, rather than being the consistency of hummus). Season to taste, then roll into 18 evenly sized balls. Flatten each ball into a disc shape and arrange on the baking sheets, then brush the tops with 1 tbsp of the oil. Bake for 20 mins until golden and crisp, turning halfway through cooking.
2 Meanwhile, clean out the food processor, then tip in the cauliflower and briefly pulse until it resembles couscous. Mix the cauliflower couscous with the remaining ground spices and olive oil, then add some seasoning. Tip onto a roasting tray and roast for 10-12 mins until lightly toasted, stirring occasionally.
3 Remove from the oven and leave to cool, then mix through the parsley leaves, mint leaves and lemon juice. Season to taste. *Will keep for three days in the fridge.* Serve the baked falafel with the cauliflower tabbouleh and add a healthy twist with one of the sides, right.

GOOD TO KNOW vegan • healthy • low cal • folate • fibre • vit c • iron • 2 of 5-a-day • gluten free
PER SERVING 307 kcals • fat 15g • saturates 2g • carbs 25g • sugars 4g • fibre 10g • protein 12g • salt 0.3g

try these three twists

Green tahini sauce & charred spring onions

CALCIUM · 3 OF 5-A-DAY · IRON

SERVES 2 **PREP** 10 mins
COOK 5 mins **EASY** V

- 6 spring onions, trimmed
- 1 tsp olive oil
- handful rocket
- ½ small pack coriander
- 1 small garlic clove, roughly chopped
- ½ lemon, juiced
- 2 tbsp tahini
- 2 portions baked falafel & cauliflower tabbouleh

1 Heat grill to high. Brush the spring onions with the oil and sprinkle over some seasoning, then grill for around 5 mins until soft and charred, turning halfway through.
2 Meanwhile, blitz the rocket, coriander, garlic, lemon juice and 1 tbsp water together in a food processor until bright green. Put the tahini in a bowl, then gradually whisk in the rocket mixture until the tahini loosens to a sauce consistency. Season to taste.
3 To serve, divide the charred spring onions between two plates, add the baked falafel & cauliflower tabbouleh and top with the green tahini.

GOOD TO KNOW vegan • healthy • calcium • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 433 kcals • fat 26g • saturates 4g • carbs 27g • sugars 5g • fibre 12g • protein 17g • salt 0.4g

Avocado, pea & feta smash

VIT C · 4 OF 5-A-DAY · FOLATE

SERVES 2 **PREP** 5 mins
COOK 3 mins **EASY** V

- 200g frozen peas
- ½ medium ripe avocado
- 30g feta
- ½ lemon, zested and juiced
- 2 handfuls rocket
- 2 portions baked falafel & cauliflower tabbouleh

1 Put the peas in a microwavable bowl, cover and cook on high for 2-3 mins until defrosted and just cooked. Drain off all the water and roughly mash. Add the avocado and mash again to combine. Crumble in the feta and mix together, then season to taste with a little of the lemon juice, the lemon zest and some salt and pepper.
2 Toss the rocket leaves in the remaining lemon juice. Serve the rocket alongside the avocado, pea & feta smash and the baked falafel & cauliflower tabbouleh.

GOOD TO KNOW healthy • calcium • folate • fibre • vit c • iron • 4 of 5-a-day • gluten free
PER SERVING 503 kcals • fat 26g • saturates 6g • carbs 36g • sugars 10g • fibre 17g • protein 22g • salt 0.8g

Lightly pickled carrot, cucumber & chilli salad

FIBRE · 4 OF 5-A-DAY · LOW CAL

SERVES 2 **PREP** 5 mins
NO COOK **EASY** V

- 2 carrots, peeled into ribbons
- 1 cucumber, peeled into ribbons, seedy core removed
- 1 small red chilli, deseeded and sliced
- 1½ tbsp rice or white wine vinegar
- pinch sugar
- ½ small pack coriander, leaves picked and stalks discarded
- 2 portions baked falafel & cauliflower tabbouleh
- 2 tbsp 0% fat natural yogurt

1 Mix the carrots, cucumber, red chilli, vinegar, sugar and a pinch of salt in a bowl, then stir through the coriander leaves. To serve, divide the salad between two plates, add the baked falafel & cauliflower tabbouleh and spoon over a dollop of the yogurt.

GOOD TO KNOW vegan • healthy • low cal • calcium • folate • fibre • vit c • iron • 4 of 5-a-day • gluten free
PER SERVING 398 kcals • fat 17g • saturates 2g • carbs 38g • sugars 16g • fibre 14g • protein 17g • salt 0.6g

Shoot director RACHEL BAYLY | Food stylist PIP SPENCE



NEXT STOP

KUWAIT

A design destination, Four Seasons Hotel Kuwait epitomizes the cosmopolitan glamour of Kuwait City. Here's why the hotel should be on your travel bucket list...

Ideally situated for business and pleasure, Four Seasons Hotel Kuwait is an urban resort in the new downtown. The property's guest rooms – the largest in the city – provide a welcoming haven while rooftop restaurants draw a glittering crowd. With a wide-range of dining possibilities and cultural activities on offer, the hotel poises itself as a great destination to visit.

Dining at Four Seasons Hotel Kuwait

There are plenty of food and beverages options available at Four Seasons Hotel Kuwait, catering to all tastes and preferences.

For awe-inspiring panoramic city views, head to Sintoho, a lively rooftop hot spot, where signature flavours from Singapore, Hong Kong and Tokyo unite for an Asian feast.

Share wood-fired pizzas, homemade pasta and espresso with friends or colleagues at Dai Forni, the intimate, indoor-outdoor Italian restaurant, located on the top floor.

Ideal for the whole family, Elements is a colourful, market-style restaurant serving everything from Arabic and Indian, to Japanese and Italian, for breakfast and lunch.

In the afternoon, a visit to Al Soor shouldn't be missed. Under the high ceilings of the hotel's contemporary lobby lounge, meet friends or colleagues for coffee, afternoon tea or mocktails.

Lastly, the hotel's day to night poolside lounge, Al Bandar is sure to impress. Enjoy colourful meze platters and shisha service from one of the five air-conditioned cabanas or from the comfortable lounge chairs sitting next to the pool. At night, the poolside Al Bandar lounge takes on a club-like vibe with music and lights.

Things to do

Anchoring the city's new downtown, Four Seasons Hotel Kuwait at Burj Alshaya is perfectly positioned for business and pleasure travellers. The chic shops of The Avenues Mall and the city's traditional market, Souk Al-Mubarikiya, are just minutes away by car and lush Al Shaheed Park requires but a short walk.

Discover the goods of Kuwait, from silk carpets to perfume to jewellery, on a private tour of the city's colourful souks. A personal shopper will take you treasure-hunting in these markets, based on your preferences, with stops for tea and traditional Kuwaiti treats.

If you enjoy art, delight in a private viewing of the hotel's art collection with concierge, who is full of insights about the unique pieces that call the hotel home. Don't miss the fantastical sculpture in the lobby, "Etymology of the Baroque" by British artist Marc Quinn.

Whatever your visiting needs may be, Four Seasons Hotel Kuwait is on hand to ensure all your holiday requirements are met.

Four Seasons Hotel Kuwait Call: +965 2200 6000 | Visit: fourseasons.com/kuwait

From China with love

P.F. Chang's has come a long way since its inception in Phoenix, Arizona in the summer of '93. The much-loved Chinese eatery now has more than 300 restaurants globally – over 30 of which are here in the Middle East. During a recent visit to Dubai to celebrate ten years of the brand in the region, founder Philip Chiang lets us in on the secret to 26 years of success worldwide.

By **Glesni Holland**

Tell us more about the inception of P.F. Chang's and the brand's evolution over the last 26 years...

We opened our first restaurant back in the summer of 1993 in Phoenix, Arizona. Prior to opening this branch, I ran my own café in Los Angeles, known as The Mandarette. The thinking behind P.F. Chang's began when a regular customer of mine, Paul Fleming, approached me and asked for my help in starting up a Chinese restaurant. He loved my food and my ideas, and that's where it all started. Since then, we now have more than 300 restaurants globally - 100 of which are outside the United States, with more than 30 here in the Middle East.

If you could summarise the brand's success in three words, what would they be?

Great food and service. We're known as a food-driven concept and we make everything

Text by GLESNI HOLLAND | Photographs SUPPLIED







Get to know:
Philip Chiang

Your favourite dishes on the menu
Mongolian Beef, Spicy Green Beans and Chicken Lettuce Wraps

Your favourite culinary destination
Mexico City – I'm a huge fan of street food!

Your go-to meal
Pesto pasta or Carbonara

Your fondest culinary memory
Eating roast piglet for the first time at Casa Botin in Spain, the world's oldest restaurant

from scratch, which has ultimately been the foundation for our success. Aside from this, I believe our décor makes us unique, as no two restaurants are alike.

You've mentioned your "scratch-cooking" philosophy. Tell us more about this...

All aspects of our dishes are homemade, and we make every dish to order, from scratch. It's a laborious task, but one that we feel is crucial in ensuring the highest quality of traditional, Chinese food for our customers. We established this high-level of quality control back in 1993, and we continue to deliver these standards in all aspects of our cooking today.

What can readers expect from the new menu launching here in Dubai?

Better looking, better tasting dishes! Of course, our core popular items will still be available, but we're introducing a new selection of salads to the menu. We're always looking to try and create healthier dishes as we understand the growing demand for this, while also catering for specific dietary requirements – be it vegetarian or gluten-free. As our dishes are made to order, we can always adapt menu items as necessary, too. We're also launching a larger version of our Dynamite Shrimp dish, which has proved to be our most popular menu item here in the Middle East, so that's certainly something for customers to look forward to!





Can we expect further expansion from the brand in the region?

Absolutely. We've now hit a double-digit number of restaurants in Dubai alone. We've just opened our restaurant in Muscat, Oman, and there's definitely scope for further expansion in Saudi Arabia, too. Watch this space!



Dynamite Shrimp:
where it all began

The juicy, lightly-battered prawns, drizzled with a sweet but slightly spicy sriracha aioli and served in a sleek martini glass, make up the most popular dish on the P.F. Chang's menu – and for good reason. But where did this global phenomenon begin?

"The recipe was inspired from a trip I made to Hong Kong more than ten years ago," Philip says. "We visited a fantastic restaurant that was famous for its use of mayonnaise, which at the time was not a prominent ingredient in Chinese cooking. The British influence in Hong Kong was strong, and it was here that we decided to incorporate it into the dish. To this day, we maintain that our recipe is the original Dynamite Shrimp recipe."

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GOURMET LIFESTYLE



3 QUICK TRIPS
ITALIAN ESCAPES, p72

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3 quick trips

Italian escapes

Take a cooking class or simply relax on a classic Chianti villa break for families, a five-star farmhouse stay in Puglia, or feasting tour along the Ligurian coast







Retire to bed in the Melograno suite

Vegetables feature heavily in Puglian cuisine

Take a soak in the room's private outdoor bathtub





Masseria Trapanà's stone courtyard



Masseria Trapanà, Puglia

Best for couples and solo travellers seeking a rustic retreat

Puglia's old farm estates are increasingly being reborn as plush places for tourist pampering. Set in the sunny heel of Italy's boot, surrounded by olive groves and acres of rolling countryside, these farmhouses are often food-focused, celebrating the ongoing renaissance of the region's traditional cuisine.

Masseria Trapanà is one such pastoral gem. This 16th-century walled estate, reconstructed from rubble, is now a foodie oasis in the surrounding rural landscape of Surbo, in Puglia's Lecce province. Step through the gated door to be greeted with a verdant courtyard of cacti and fresh flowers, and a chilled glass of prosecco. The reconstruction has been faithful to its original design, with dramatic arched roofs, locally-sourced tufo stone and large bay windows. The crowning glory of the hotel, however, is the underground spa that still houses the old farm's original olive press. Try a full body massage or reflexology while reclining among the lemon trees outside (30-minute massage, Dhas180).

It's the perfect rustic retreat, with some carefully-curated contemporary trills: clubby music enlivens shady courtyards, halls are decked with bright modern rugs, and bedrooms have orange-scented Aesop toiletries. Unwind in your room's very own pale stone courtyard, complete with an al fresco bathtub.

Start your day with a glass of fresh juice squeezed from blood oranges grown by the hotel, and some Italian pastries, then lounge by the pool under plum trees, ripe for picking from the branches above. Fancy lolling in greater seclusion? Relax in a hammock in one of the six walled gardens, exotically planted with cacti and fern, or perhaps in the shady mandarin grove. For a glimpse of Masseria's history, take a peek into its tiny chapel, complete with faded frescoes and vaulted ceiling. Come evening, you can settle yourself on a colourful Moroccan cushion near the firepit, a glass of local primitivo in hand. Follow with the simple set menu (Dhs165 per person), with seasonal salads, burrata, and moreish deep-fried veggies. Don't miss the locally made orecchiette pasta with cherry tomatoes and an addictive chilli and garlic-infused olive oil.

> **"Lounge by the pool under plum trees, ripe for picking from the branches above"**

Thursday's pizza night offers the chance to make your own authentic dough creation and cook it in the 200-year-old stone hearth, unearthed during the hotel's reconstruction. Beyond weekly pizza evenings, afternoon cookery classes with Trapanà's executive chef immerse participants in classic 'cucina povera' recipes – Puglia's 'poor kitchen' cusine – which includes seasonal fruit and veg grown on site, plus local mussels and delicate sea urchin. Alternatively, go all out with a half-day family-run cooking course in the nearby town of Squinzano, organised by the hotel (Dhs470 per person for five hours).

The baroque city of Lecce is just a 15-minute drive away, where you can explore ornate churches and indulge in a 'caffe Leccese' (coffee with almond milk and ice), and sweet piasticciotto, a much-loved local, custard-filled pastry. *Georgina Kiely*

How to do it

Suites at Masseria Trapanà cost from Dhs1,500 per night, including breakfast and excluding 10% tax and city tax of Dhs5 per person, per night. *trapana.com/en*



Vecchio Frantoio's pool and terrace



Casa Porciatti is a must-visit for local meats

Vecchio Frantoio, Tuscany

Best for a family-friendly retreat, with plenty of fungi porcini and pici pasta

Surrounded by vines, olive groves and rolling hills, the tiny hilltop hamlet of Casanuova d'Ama feels like a wonderfully remote retreat – but is just a 10-minute drive from several exemplary Chianti villages, and 40 minutes to Siena. A Chianti villa stay allows you to cook with prized Tuscan produce in your own kitchen, while kids run free outside. Stone-built Vecchio Frantoio comes with flagstone floors, wood beams, a kitchen-dining room centered around a huge olive millstone, plus three double en-suite bedrooms (one in the cottage), and gardens terraced down to a showstopping swimming pool complete with inflatable toys, a pool house and gated access.

There's a hot tub, too, near the main house's terrace, where a simple brick barbecue begs for a peppery salsiccia di Lucca local sausage and a Fiorentina steak (the kitchen's hob-only cooker necessitates grilled goodies are done on the barbecue).

In nearby Radda, stock up on Tuscan meats at *Macelleria Rocchigiani* (Via Roma 9) and *Casa Porciatti* (*casaporciatti.it*), a deli with an infinite supply of local salumi and garlicky lardo (cured fat), plus cheeses and wheels of Tuscan bread. You can stay in this hilltop town for dinner at pub-style *La Bottega Di Giovannino* (*labottegadigiovannino.it*), where ravioli Maremmani (ricotta and spinach, sage butter), and pici al manzo (supersized local spaghetti with pork ragu) are standouts, and Chianti bottles line floor-to-ceiling shelves (mains around Dhs33). *Gelateria In Paese* (Via Ferruccio, 16) is an artisan ice cream shop where hazelnut and pistachio flavours make children and adults sigh with joy (Dhs2 per scoop).

A short drive away, the blink-and-miss-it village of Volpaia is the place for a blow-out Sunday lunch of such Chianti classics as ribollita and wild boar stew, with epic hilltop views from the terrace at *La Bottega di Volpaia* (mains around Dhs37; *labottegadivolpaia.it*). Gaiole is another local village with castle-topped Chianti hillsides as the backdrop, and superb thin, crusty pizza at *Lo Sfizio Biancho*, (*losfiziodibianchi.it*), topped with fresh porcini mushrooms and truffles (pizzas Dhs37). Under 10 minutes from the villa, the village of Lecchi is home to *Ristorante Malborghetto* (*malborghetto.net*), where fine dining remains firmly family-friendly. Dishes like truffled gnocchi in a showy parmesan shell, steak tagliata, and tagliatelli funghi porcini are must-eats (mains around Dhs55). The kitchen garden provides vegetarian antipasti (delicate artichokes, chard salad) and fragrant herbs. Families can learn more about Chianti cuisine on cookery courses hosted by Malborghetto's welcoming chef, Simone Murici (Dhs370 per person for three hours, including lunch. Ask for child discounts).

Walking distance from the villa, along one of the numerous country trails that line surrounding hillsides, *Castello di Ama* (*castellodiama.com*) produces organic olive oils. Tours and tastings (Dhs185 per person) include access to Ama's brilliantly-curated collection of contemporary art, including a Louise Bourgeois sculpture hidden away in the cellar. The opulent restaurant in the old palazzo serves such Chianti standouts as tagliata di Chianina (premium steak from local Chianina cattle), pappa al pomodoro (traditional tomato bread soup with basil) and guanciale di vitello (veal cheeks, stewed with fagioli beans). If you can drag yourself from this Tuscan idyll, za two-hour drive through countryside puts you into Pisa for the leaning tower, and Florence is a little further northeast. *Sarah Barrell*

> **Stock up on local Tuscan salumi, garlicky lardo, cheeses and wheels of bread**

How to do it

A week's self-catering at Vecchio Frantoio, near Gaiole in Chianti, from Dhs8,500 (sleeps six) with *to-tuscany.com*. Car rental from Pisa or Florence airports cost from Dhs200 with *rhinocarhire.com*.

Photographs STUDIOFF, TOMMASO PINI, GETTY IMAGES, AGENZIA REGIONALE IN LIGURIA, PAOLO PICCIOTIO

Italy's little-known coast, Liguria

Best for enjoying the charm of the Cinque Terre without the crowds

Populated by palazzi in ice cream colours, and with no proper road access, Liguria's novel Cinque Terre has become something of a victim of its own success. The Five Lands – a uniquely pretty string of centuries-old seaside villages linked by leafy cliff-top trails – are awash with hiking, swimming, dining, selfie-snapping visitors almost year-round. Few foreign travellers make it to villages just beyond this honeypot national park, and they're missing out.

Start your trip in the little seaside town of Sestri Levante, north of the national park (50km from the hub city of Genoa), and finish just a stone's throw south of the Five Lands, in the postcard-perfect fishing town of Porto Venere. Once the home of Hans Christian Anderson, Sestri Levante has fairytale charm, particularly Baia del Silenzio, with its tiny alcove-like sandy beach and the distinctive stripey-fronted Genoese church. Sestri's cobbled streets are full of street-food vendors selling farinata (local chickpea bread), thin crusty pizza and gelato that's good enough to make you flee the beach, with seasonal street markets offering local treats like marmellate (preserves) made with figs, blueberries and citrus, and focaccia di Recco (filled with creamy crescenza or stracchino cheese).



Relax by the blue waters in sunny Sestri Levante



Learn to make pesto Genovese

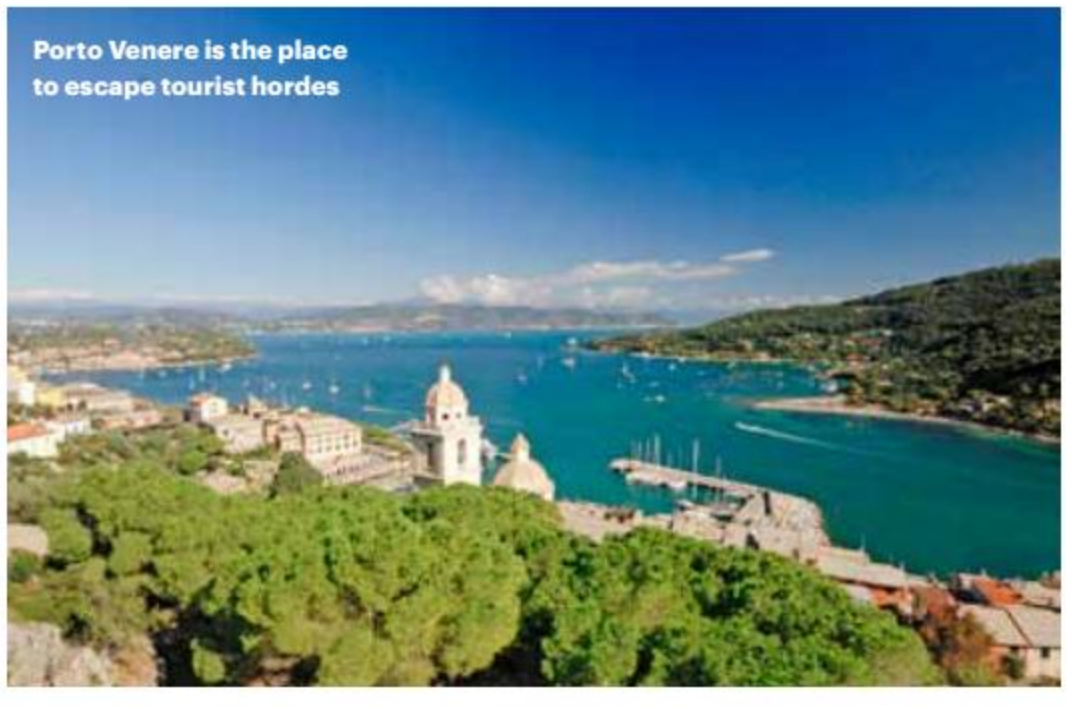
Have a sundowner and some simple stuzzichini (small Taggiasca Ligurian olives, salty slices of light plump focaccia) at *Citto Beach Bar*, set into the cliff just above the Baia del Silenzio. Then take a short walk to *La Cantina Del Polpo* (*cantinadelpolpo.it*), where the nine-course tasting menu delivers a range of refined Ligurian dishes at the hands of owner Dario Ballarini, including octopus tostato, tuna crudo (a mayonnaise tartare) with the chicory-like cime di rape, and baked salt cod with potatoes (Dhs165).

Dario's brother Daniele runs cooking classes (Dhs127) where you have the chance to make proper pesto Genovese (with small sweet Ligurian basil leaves) at nearby *La Sciamadda dei Vinaccieri Ballerini* (*lasciamadda.flazio.com*). Daniele's group classes are fun (and your wine glass is never empty).

> **"Sestri's street-food gelato is good enough to make you flee the beach"**

Stay in a castle on the hill, overlooking the beach at *Hotel dei Castelli* (*hoteldeicastelli.it*). Make sure you head for the terrace for the best views at breakfast (simple Continental style), and don't attempt the near-vertical hill – there's a lift for that (B&B doubles from Dhs800).

Heading south, with its quirky-coloured houses, stunning seaside views and great seafood, Porto Venere could easily be one of the official five Cinque Terre villages – minus the tourist hordes. Make sure you wander up to beautiful San Lorenzo Church and explore Lord Byron's Grotto, where the poet was once said to have meditated. *Trattoria Tre Torri* (*trattoriatretorri.it*), just off the seafront, has a nautical theme, an intimate, lively atmosphere, and such classic Ligurian dishes as salted codfish with black olives, a tomato-rich buridda stew of cuttlefish and peas, plus a sorbet of local lemons, (mains from Dhs50). *Rebecca Hughes*



Porto Venere is the place to escape tourist hordes

How to do it

For confident drivers, Liguria's coastal roads are fun, cutting over and through the mountains, but the train is easier. Cheap, frequent services connect Genoa/the airport with most coastal towns, including Cinque Terre's five villages (Monterosso, Vernazza, Corniglia, Manarola, Riomaggiore), where there's access to national park hiking trails. *italiarail.com*

Three nights at the five-star Grand Hotel Portovenere costs Dhs3,700 per person. *citalia.com*. For more info, visit *lamialiguria.it*

Assistance for these trips was provided by To Tuscany (*to-tuscany.com*) and Rhinocar (*rhinocarhire.com*); La Mia Liguria; and Masseria Trapanà (*trapana.com*).









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Boost your cooking skills



Learn to be a better cook with kitchen expert Barney Desmazery



HOW TO

Pan-fry fish

Try this quick but impressive way to cook fish fillets with restaurant-standard crisp skin





1 Trim each of your fish fillets to the same shape and size, then score the skin slightly by making five or six cuts at around 1cm intervals.



2 Season the fish with a little pepper and generously sprinkle the skin with flaky sea salt.



3 Heat some oil in a non-stick frying pan. Lay the fish in the pan, skin-side down, and press down with your fingers or a fish slice to stop the fillets curling up.



4 Reduce to a medium heat and cook the fillets for 3-4 mins until the flesh is about two-thirds of the way cooked and the skin is crisp.



5 Flip the fillets over and fry for a further 2 mins until just done, basting the skin with the oil in the pan as it cooks.



6 Transfer to a warm plate, skin-side up, and baste with the hot oil and juices from the pan.

Find our recipe for pan-fried sea bass with citrus-dressed broccoli at *bbcgoodfoodme.com*

NEXT LEVEL

Chicken katsu curry

SERVES 4-6 **PREP** 20 mins plus marinating
COOK 45 mins **EASY** ❄

photograph TOM REGESTER

What *It's easy to see why as a nation we've adopted this classic Japanese dish. The crunchy fried chicken delivers texture, while the accompanying curry sauce is warmly spiced and reminiscent of a chip shop favourite.*

How *We've thought about the process of crumbing and added an extra step that makes the chicken extra crisp and tender. We've also taken on the Japanese concept of umami, meaning savouriness, and added layers of seasoning throughout the recipe.*

MILKING IT
The milk in this recipe plays two parts: it works as a brine to tenderise the chicken and keep it succulent, and it also acts as a glue, helping the flour stick in the bread-crumbing process and ensuring a thicker, crisper coating.

TOGARASHI SPICE MIX
This Japanese spice blend includes chilli, orange and sesame and is used as a seasoning. We've spiked the flour coating with it. Alternatively, you could use a sprinkling of mild chilli powder.



MIGHTY MISO
Add red or brown miso paste to give your sauce extra depth. If you don't have any miso, add another splash of soy sauce instead.

PURÉED VEG
There are plenty of ways to make a thick Japanese curry sauce. We've opted to thicken ours with puréed vegetables rather than flour or cornflour, which can often lead to a gloopy consistency.

What to buy

For the katsu
2 large chicken breasts
400ml milk
100g plain flour
2 eggs, beaten
150g panko or coarse dried breadcrumbs
sprinkling shichimi togarashi or chilli powder, plus extra to serve
splash of soy sauce
sunflower oil, for frying
For the curry sauce
50g butter
1 large carrot, chopped
1 onion, chopped
4 garlic cloves, chopped
large piece of ginger, chopped
2 tbsp mild curry powder
1 tbsp honey
1 tbsp ketchup
1 tbsp red or brown miso paste
1 tbsp soy sauce
1 chicken stock cube
shredded white cabbage, shredded nori, sesame seeds and cooked rice, to serve



SEASON WITH SOY
We've loosened the eggs for the breadcrumb coating with soy sauce, which both seasons and adds more umami flavour. This method also works when you're making an omelette for egg-fried rice.

MIX UP THE MEAT
This recipe can be made using flattened, boneless pork steaks in place of chicken. Pork loin steaks will give you the most uniformed, fat-free piece of meat to work with.

PANKO PERFECTION
Panko breadcrumbs are the key difference between katsu and schnitzel. Panko, made from crustless light white bread, are coarser than normal breadcrumbs and become extra-crunchy when fried.

FREEZE WITH EASE
Our katsu and curry sauce both freeze well. Freeze the katsu between sheets of baking parchment to stop it sticking, then fry from frozen. Freeze the sauce in an airtight container and defrost fully before reheating.

How to make it

1 Cut each chicken breast in half lengthways, creating four fillets. Put each fillet between two sheets of baking parchmentand beat with a rolling pin to even out the thickness.

2 Pour the milk into a bowl and season with a large pinch of salt, then add the chicken fillets. Cover and leave in the fridge for at least 20 mins or for up to 24 hrs (the longer you leave the chicken in the milk, the more succulent it will be).

3 When you're ready to coat the chicken, tip the flour, eggs and breadcrumbs into three separate bowls, then season the flour with the togarashi and stir the soy sauce into the eggs. Scoop one chicken fillet out of the milk and coat in the flour mix, then dip into the egg mix and coat in the breadcrumbs. Set on a plate and repeat with the rest of the chicken fillets. *Can be prepared up to a day ahead and frozen for up to a month.*

4 To make the curry sauce, heat the butter in a saucepan and sizzle the carrots and onions for 5 mins, then add the garlic and ginger and cook for a few mins more. Scatter over the curry powder and cook for 1 min, then stir in the honey, ketchup, miso paste and soy sauce to create a sticky paste. Cook for 1 min more, then pour in 700ml boiling water and crumble in the stock cube. Cover and simmer for 20 mins until the carrots are soft. Tip the sauce into a blender and blitz until completely smooth (alternatively, use a hand blender). Season to taste. *Can be made up to three days ahead and chilled or frozen for up to three months.*

5 To cook the katsu, heat a good layer of oil in a large frying pan, then add as many of the chicken fillets as you can fit and fry for 3-4 mins on each side until deep golden and crisp. Transfer to a tray and keep warm in a low oven while you cook the remaining fillets.

6 Mix the cabbage and seaweed and sprinkle over some sesame seeds, if using. Top the katsu with the curry sauce and serve with the rice and salad.

GOOD TO KNOW fibre • iron
PER SERVING (6) 579 kcals • fat 19g • saturates 8g • carbs 61g • sugars 12g • fibre 6g • protein 37g • salt 3.3g

COOK WITH CONFIDENCE

Sponge cakes

Perfect the art of a classic sponge and you'll never be short of a crowd-pleaser, whatever the occasion



DO THE MATHS

A classic sponge is an easy recipe to remember as it uses equal quantities of all the key ingredients (plus ¼ tsp baking powder per egg). If you need to work out quantities without a recipe, just weigh the eggs – you'll need this same amount of sugar, butter and self-raising flour. A 20cm two-tiered cake will use four eggs. See *bbcgoodfood.com* for our classic Victoria sponge.

THE METHOD

Some recipes mix the butter and sugar together first to make a light sponge (the creaming method). However, if your recipe uses self-raising flour, you can combine all the ingredients at the same time – the raising agent 'lifts' the cake, so there's no need for the extra aeration during mixing.

Points to remember

Sponge cakes are easy to make, as long as these key aspects are right:

Temperatures The oven needs to be heated to the right temperature before the cake goes in the oven. The eggs and butter should be at room temperature when they're mixed. If the butter is too cold and hard, it won't mix well; if it's too warm, or is starting to melt, the mix will curdle.

Timings Baking powder is 'activated' as soon as it's combined with other ingredients, so it's important to bake the cake as soon as the mixture is in the tin. Old baking powder won't be as effective, and may not even work, so always check the use-by date on the packet.

What's gone wrong?

If at first you don't succeed, here are the possible reasons why:



Burnt top and raw middle Your oven runs high or the shelf was too high up in a gas or non-fan oven. Adjust the temperature next time.



Peaked top with a large crack The tin was too small or the oven was at too high a temperature.



Flat and dense The cake tin was too big, you let the mixture sit in the tin before baking or your raising agent was old and past its best.



Sunk in the middle The oven door was opened during the cooking, there wasn't enough raising agent or the raising agent was old and inactive.

Quick fix

If your cake hasn't turned out perfectly, or you're in the rare position of having leftover cake or trimmings, here's what you can make:

Cake pops Mix crumbled cake and buttercream icing together, then roll into balls. Poke a skewer into each ball, dip in melted chocolate and chill.
Trifle Sliced sponge makes the perfect base for a trifle (even if the sponge itself is far from perfect).
Cake shake Crumble bits of cake through a thick, ice cream-based shake and eat with a spoon.

Easy flavour twists

Once you've mastered the basics, you can make lots of other cakes.

Coffee sponge Dissolve 2 tbsp instant coffee in 1 tbsp boiling water. Cool and mix into the basic cake mix before tipping into the cake tin.

Chocolate sponge Swap 2 tbsp flour for 2 tbsp cocoa powder and sieve before mixing.

Citrus sponge Stir in the finely grated zest and 1 tbsp juice of your chosen citrus fruit before tipping the mixture into the cake tin.

The science of sieving

As white flour is so finely milled (and hopefully weevil-free), there isn't any need to sieve it for a basic sponge; tests have shown that sieving makes no difference to the finished cake. However, sieving does increase the volume of the flour, which is good if the flour has been tightly packed, and it can make mixing easier.



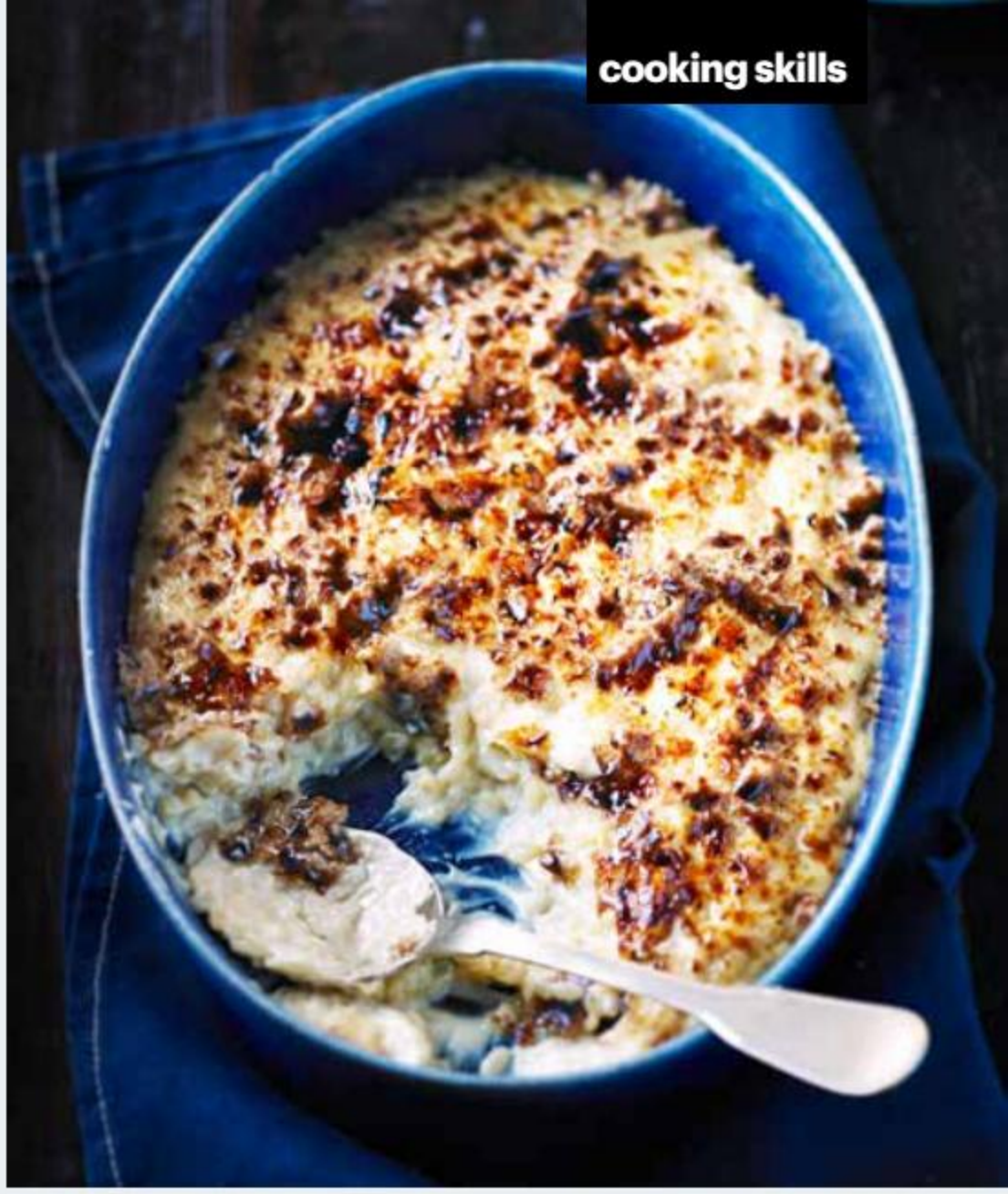
It's also essential when other ingredients that tend to clump, such as cocoa powder or icing sugar, are being added to the flour to flavour the sponge.

Photographs GETTY IMAGES

USE UP LEFTOVERS

Waste less food

Here's what we made with the leftovers from this month's recipe testing



Butterscotch brûlée rice pudding

Scrape any leftover **rice pudding** into a shallow, heatproof serving dish. Scatter with **light muscavdo sugar**, then grill or blowtorch until sizzling and just starting to burn. Leave to cool until the sugar crisps up.

Pulled brisket tacos

Season any leftover **beef brisket sauce** with **cumin**, **ground coriander** and **chilli**. Reheat any of the **leftover beef** in the sauce, then pile into **tacos or tortillas** and top with a **squeeze of lime**, sliced **red onion**, grated **cheese** and any other fillings you like.

Quick hotpot

Slice any leftover **lamb**. Pack into an ovenproof dish and dampen with **vegetable or lamb stock**. Scatter over any leftover slices of **hasselback potatoes**, brush with melted **butter** and bake at 200C/180C fan/gas 6 for 30 mins until crisp on top and bubbling in the middle.

Hot & sour coconut soup

Roughly chop any leftover **green Thai roast chicken**. Tip into a saucepan with any leftover **gravy** and add enough **chicken stock** to make a soupy consistency. Season with **chilli** and **fish sauce**, add some sliced **mushrooms** and halved **cherry tomatoes** and simmer gently for 10 mins, then finish with a squeeze of **lime** and some **fresh coriander**, if you have any.

Cajun salmon salad

Tip a pouch of **ready-cooked rice** into a frying pan with any leftover **veg** and **black beans** and cook for 3 mins. Flake in any leftover **salmon**, season with **smoked paprika** and heat for 1 min more, then stir through chopped **coriander** .

Roast celeriac salad

Cut any leftover **honey roast celeriac** into cubes and tip into a bowl with **rocket** or **watercress leaves**. Top with **toasted hazelnuts** and shaved **parmesan** and dress with **balsamic vinegar** and **olive oil**.



Use it up: roast chicken bones

You can easily make a great base for a soup, risotto or gravy by covering chicken bones with water and simmering for an hour. Add some basic veg, herbs and a sprinkling of bouillon powder and you'll end up with a deep flavoured broth in which to cook noodles. Chicken stocks and broths are particularly easy to cook in pressure cookers.

Portrait MELISSA REYNOLDS-JAMES
Photographs GETTY IMAGES, AGE FOOTSTOCK/ALAMY STOCK PHOTO



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COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN!

1 OF 2 'RAMADAN WITH MARRIOTT' IFTARS! WORTH DHS1,026

This year, celebrate Ramadan With Marriott as it brings together over 20 Marriott International UAE hotels to 'Care. Share. Give' this Holy Month, embedding the importance to care for others, share long lasting memories and give to those in need - participating hotels will be donating a portion of their Iftar proceeds to the Al Jalila Foundation.

Break your fast in the stylish surroundings of the Habtoor Grand Garden Tent where a lavish Iftar buffet awaits you, along with live oud entertainment offering a true Ramadan experience. Or fuel your body and soul with an engaging Iftar at LIV, W Dubai – The Palm with appetizing food incorporating classic Middle Eastern and global flavours.



WIN!

FRIDAY BRUNCH FOR 4 AT CASA DE TAPAS! WORTH DHS840

Friday is brunch day in the UAE, and no one does it with more Spanish spirit and flair than Casa de Tapas at Dubai Creek Golf & Yacht Club. 'Brunch' the Spanish way with an unmatched variety of tapas such as 'Patatas Bravas y Aioli' (fried potato cubes prepared with spicy Brava sauce and aioli sauce); 'Pulpo a Feira' (Atlantic octopus served over crushed potatoes and paprika); 'Alitas de Pollo Crujientes' (crispy chicken wings) and Paellas. Known for its party vibes, the venue sets the tone of a vibrant and dynamic setting, with live Spanish duo and DJ every night of the week.



WIN!

A VOUCHER TO DINE IN NEW SPANISH RESTAURANT, BEBEMOS! WORTH DHS500

Serving as a trend-setting leader within the hospitality industry, Le Méridien Dubai Hotel and Conference Centre has evolved over the years and is now a culinary destination, with its boastful portfolio of 18 distinctive restaurants. Adding another feather to its proverbial Food and Beverage cap, the hotel has introduced a new dining spot, Bebemos. Steering clear from Spanish clichés of bullfighting, flamenco and castanets, the hotel is bringing Spain's most famous culinary tradition of tapas, bringing authentic Spanish cuisine to its patrons in Dubai. Bebemos marries robust Spanish flavours with the country's extraordinary artistic heritage. A similar rationale is evident across Bebemos' decor, with splashes of vibrant colours inspired from artist Joan Miro modernist sensibilities that co-habits in perfect harmony with raw brick walls and fluid arches, highlighting the artistic and neo-modern duality of Spanish culture.



WIN!

LUNCH OR DINNER FOR 2 AT BAB AL MANSOUR, THE BOULEVARD! WORTH DHS500

Win a lunch or dinner for 2 persons at one of the trendiest Moroccan restaurants in Dubai at Bab Al Mansour and enjoy famous Moroccan dishes with the sumptuous variety of authentic flavors and spices.



WIN!

BRUNCH FOR 5 AT ROVE DUBAI MARINA! WORTH DHS990

There will be two lucky winners for this competition! Come and enjoy the popular Bench Brunch at The Daily restaurant in Rove Dubai Marina. Get stuck into an unlimited buffet complete with hot and cold plates, just-baked pastries, a selection of cheeses, assorted cereals, fresh fruit and juices, as well as choice of main dishes from the kitchen. No breakfast is complete without an aromatic coffee from The Daily's expert barista.



WIN!

A MEAL FOR 6 AT LONDON SLIDE! WORTH OVER DHS500

Newly opened London Slide is giving 2 lucky winners the chance to win a meal for 6 worth over Dhs500 which for each guest includes a serving of sliders or baos of choice, a delicious side, a 0%coctail such as the 'Orange Spritz', pineapple-lavender sparkler, a choice of a delicious milkshake that comes in signature flavours including Bannoffee and Cotton Candy Treat or a generous serving of decadent ice-cream.



WIN!

LUNCH OR DINNER FOR 4 AT TGI FRIDAYS! WORTH DHS500

Slow-smoked to perfection. Don't miss out on TGI Fridays New Smoky BBQ menu. Experience the great taste of Loaded Smoked Chicken Twisters, the Smokehouse Burger, Smoked Sriracha Honey Glazed Ribs or the Texas Smokehouse platter which is great for sharing and top it off with an array of refreshingly fruity beverages. Available for a limited time only at all TGI Fridays restaurants. Venues where you can claim this prize; The Pointe - Palm Jumeirah, Ibn Battuta Mall or Dubai Festival City Mall.



WIN!

IL BRUNCH ITALIANO AT BICE RISTORANTE, SOFT BEVERAGE PACKAGE FOR 2! WORTH DHS500

BiCE Ristorante invites families for an exclusive picnic brunch in the lush garden of Hilton Dubai Jumeirah. Spread between the cozy indoor area and lush outdoor garden, accompanied by a live saxophonist performance throughout the day, Il Brunch Italiano is set to be the perfect option for the beautiful winter in Dubai. Guests can indulge in a selection of antipasti brought to the table and perfect for sharing. Pizzas, hand-made pastas, fresh Italian breads, sizzling BBQ form la griglia and finish off with an extensive dessert buffet.



WIN!

DINNER AT TRADER VIC'S JBR! WORTH DHS500

Trader Vic's JBR brings world cuisine and tiki-beverages together in a dynamic atmosphere. Offering a wide selection of culinary treats from signature cheeseballs and tuna ceviche to pineapple fried rice and grilled tiger prawns. The bartenders mix up refreshing beverages and keep the mood up until early hours. There is a Latin band playing daily except Mondays and plenty of weekly offers to choose from. Located in the heart of the iconic Hilton Dubai Jumeirah, the home of the original Mai Tai promises guests a fantastic dining experience every time they visit the buzzing venue.

To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



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Ramadan Kareem

Vegan Iftar



Celebrate the Holy month of Ramadan, by enjoying an exclusive family style VEGAN Iftar.

Price: **140 AED p.p.**

Date: **9th, 16th, 23rd & 30th of May 2019**

Time: **Iftar time onwards**

- Kids under 5 years of age eat for free and until 10 years pay half.
- Babies up to the age of 1 year, can enjoy complimentary baby food courtesy of Yum by Mum.



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|| VEGAN options available ||

Price: **140 AED p.p.**

When: **Holy month of Ramadan (except for Thursdays)**

Time: **Iftar time onwards**



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